

# Midwest Living<sup>®</sup>

midwestliving.com

July/August 2010

## SAVOR SUMMER

Weekend escapes • Cool treats  
Easy flower combos

## Sunflowers!

Top picks for yards  
and bouquets











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KIM CORNELISON

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# 13





## Worth the wait.

The tempting aroma of freshly baked bread fills your kitchen, filling *you* with the anticipation of your first warm, buttery bite. At long last, you can enjoy all the tastes you've been craving, thanks to a new line of certified gluten-free mixes from King Arthur Flour. It's the feast for the senses you've been waiting for.

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## Midwest Living

### Our favorite things about summer ...

Editor-in-Chief GREG PHILBY

**Mornings on my front porch, with east sun and gentle breezes**

**Sleeping with the windows open**

**Riding bikes on the weekend**

**Annual trip to Door Co., WI, with my daughter**

**Picking strawberries**

**Reading a book by the pool**

**One word: boating**

**Lightning bugs**

**The smells of bug spray and sunscreen—honest!**

**Drifting on the lake on my floaty mattress**

**Playing barefoot in the grass**

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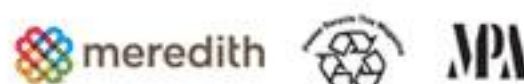
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*Fig. 1 Violet-Green Swallow*



*Fig. 2  
Evening Grosbeak*



*Fig. 3 Spotted Owl*



*Fig. 4 Raven's Egg*



*Fig. 5 Steller's Jay*



*Fig. 6  
Western Meadowlark*



*Fig. 7 Northern Flicker*

Go Affordably. Go RVing. Time well spent doesn't necessarily mean a lot of money is involved. See how RVing stacks up to other modes of travel with our Vacation Cost Comparison at [GoRVing.com](http://GoRVing.com). WHAT WILL YOU DISCOVER?

**Go RVing.**







## SAUCY CHILI-ORANGE PORK BACK RIBS

### INGREDIENTS

- 4 lbs. pork back ribs
- 1 ½ c. orange or apple juice
- ½ c. chili sauce
- 2 tbsp. hoisin sauce
- 1 tbsp. grated orange rind
- 1 tbsp. (or to taste) bottled hot sauce
- 2 tsp. firmly packed brown sugar

### DIRECTIONS

Place ribs in a 4 to 5 quart dish. Add orange juice and cover. Marinate 30 to 60 minutes. Combine chili sauce, hoisin sauce, orange rind, bottled hot sauce and brown sugar in a small bowl. Prepare a medium fire in charcoal grill or preheat one side of gas grill to medium.

Remove ribs from the dish and pat dry. Place ribs on grill and grill with indirect heat about 1½ to 2 hours or until tender, brushing with sauce several times during last 20 minutes of grilling.

Serves 4

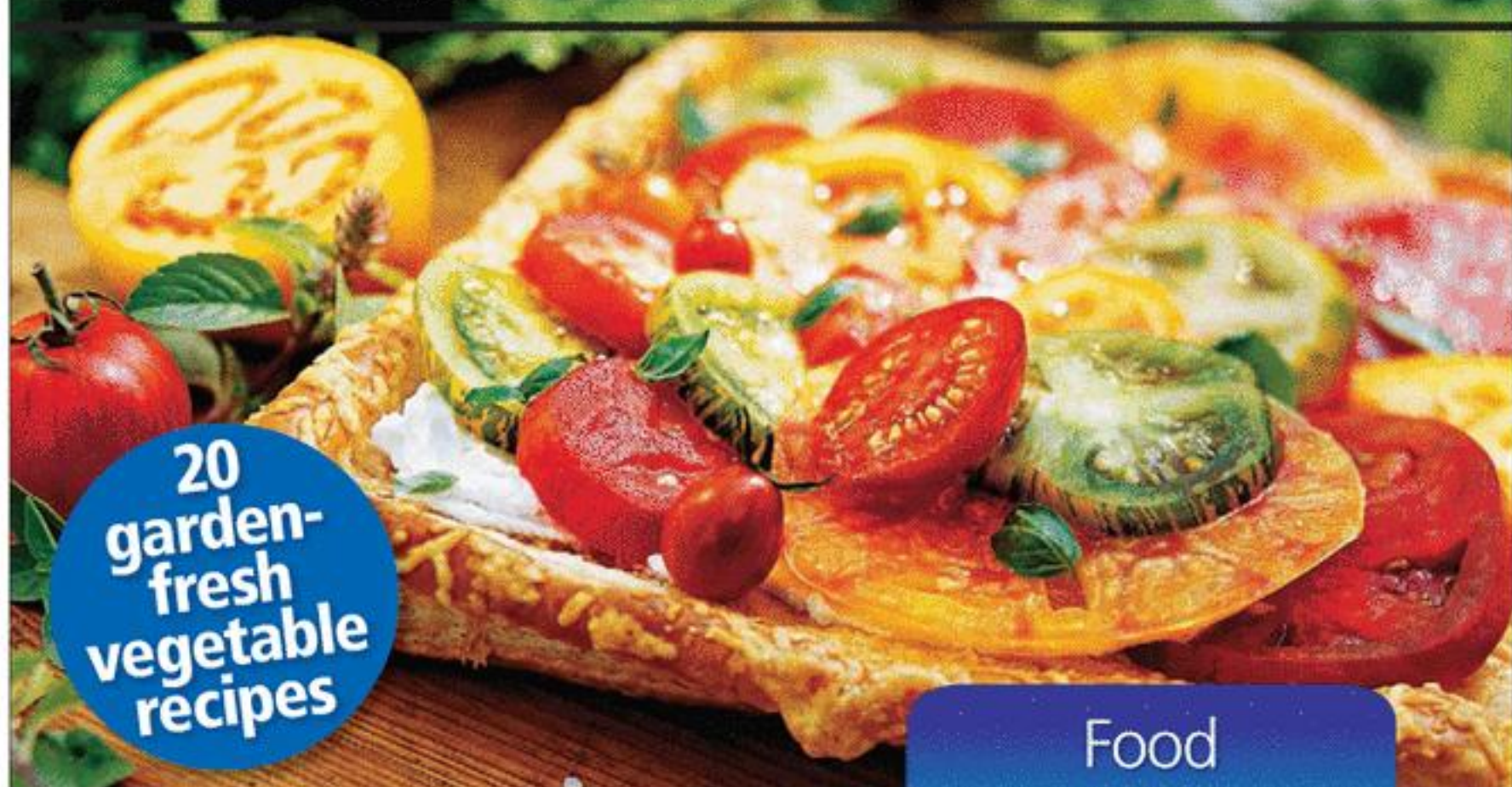
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pork

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recipes

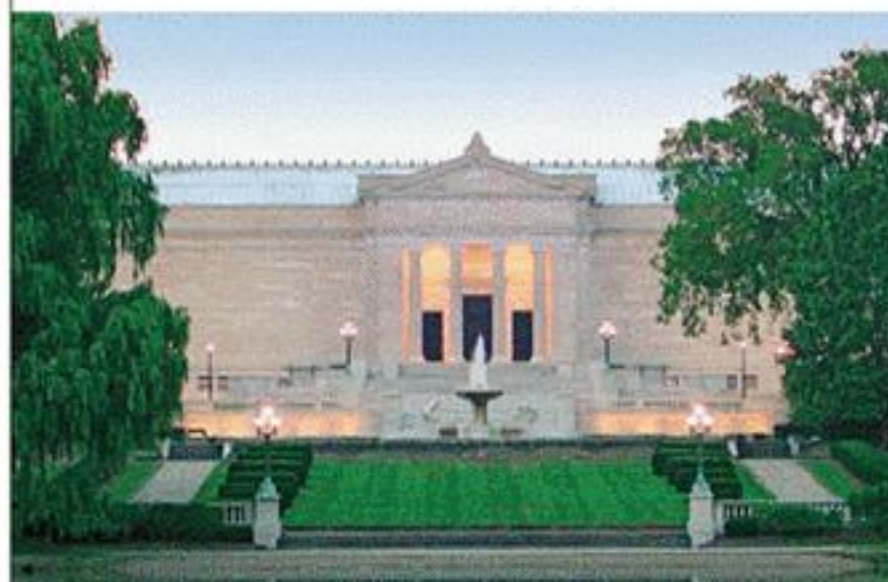
Food

Give your garden-fresh veggies a flavorful twist with our collection of summertime recipes for seasonal produce. You'll find delicious ideas for sides, main dishes and appetizers, such as the Tomato and Cheese Tart (*above*), at [midwestliving.com/vegetables](http://midwestliving.com/vegetables).

Travel

### Best free attractions

Don't miss our state-by-state guide to the Midwest's best free places to visit, such as the Cleveland Museum of Art (*below*). Go to [midwestliving.com/free](http://midwestliving.com/free).



News

### Free weekly ideas

Get more recipes, travel tips and home and garden ideas in our weekly e-newsletter. Visit [midwestliving.com/newsletter](http://midwestliving.com/newsletter).

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Saucy Chili-Orange  
Pork Back Ribs



# GET YOUR GRILL ON.

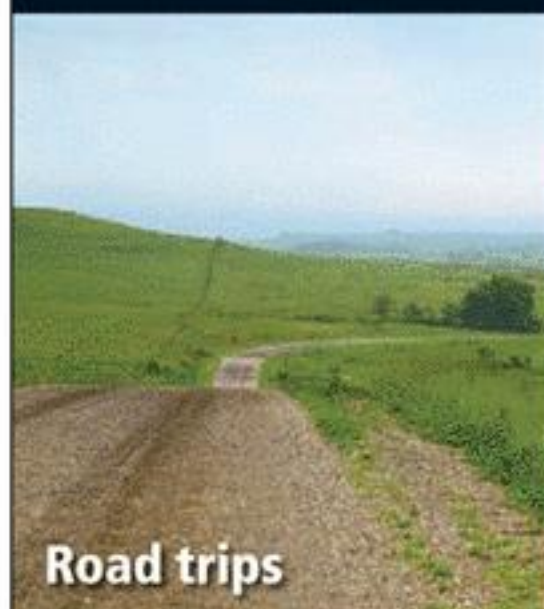
This summer, give your grill something to get fired up about. These Saucy Chili-Orange Pork Back Ribs are a little bit sweet, a little bit spicy, and a whole lot tender and juicy. They're what summer was made for! Find recipes, simple grilling tips and more at [TheOtherWhiteMeat.com](http://TheOtherWhiteMeat.com)



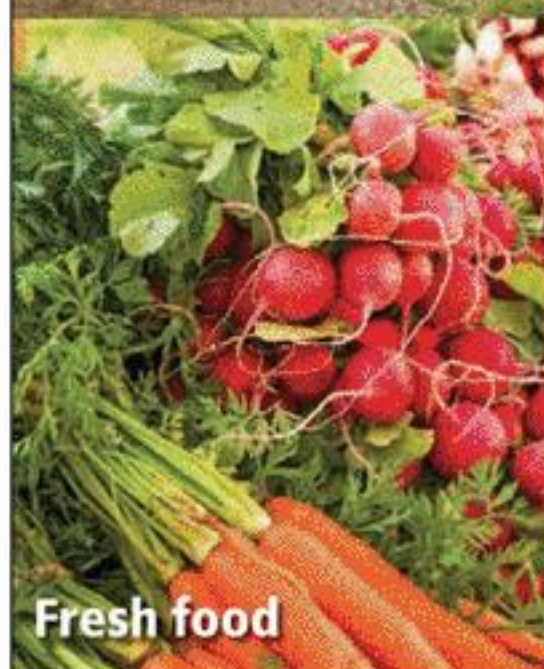
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## 5 GREAT THINGS ABOUT SUMMER

THIS  
MIDWEST  
LIFE

Road trips



Fresh food



Cold treats



Down time

The trees seem shiftless, the slow sun stuck at midday. Everything's drowsy. I'm taking my daughter, Emily, to practice driving. She adjusts her seat. I wait. She adjusts it again. I wait. She moves a mirror. Even on a lazy day, dads can only wait so long before offering advice.

"The first thing you need to do is roll down a window and put on some good music," I tell her.

"That's not what we learned in driver's ed," she says. She works the side mirror now, deliberately.

My mind wanders down the road. There is driving, like going to the grocery store, and there is *driving*. The latter is about hot wind gushing in your open window, the world unspooling with possibilities. It's when discoveries emerge around bends, where farm stands and cafes rise up as sudden joys. The world cracks wonderfully open. Many of you relate: *Midwest Living* readers are 26 percent more likely to road-trip than people in other regions. It's an expression of summer.

In *Dandelion Wine*, Ray Bradbury describes this season in his hometown, Waukegan, Illinois: "The wind had the proper touch, the breathing of the world was long and warm and slow. You had only to rise, lean from your window, and know that this indeed was the first real time of freedom

and living, this was the first morning of summer."

It sticks with you, this spirit. It warms the skin and rises like a sunlit morning from within. It tints the ordinary with magic: a kite bucking the wind, the scent of cut grass, the drift of a firefly.

I especially love summer lakeside. The cool water. The burning sand. (See "City Beaches," page 21.) I love the lilting lift and fall of waves, such as on Lake Michigan (*below*) near Frankfort. On the water, perspectives change.

There is also the summer produce, a fortune of freshness, and the Midwest celebrations of it at farmers markets and fairs.

I love the delicious recklessness, when the air is blistering, of eating an urgently dripping ice cream cone so fast you risk a brain freeze. (See our "Beat-the-Heat Treats," page 54.)

And also I enjoy just letting summer idle by while reading a book or resting in a hammock. It is peaceful and timeless.

"Dad!" Emily scolds. "Pay attention! I'm ready to go. Buckle your seat belt!"

I do. She puts the car into gear. We are in for a ride, wherever it takes us.

Welcome summer.



Lakes

Greg Philby  
Editor-in-Chief



What's your  
favorite thing  
about summer?  
Join the discussion  
at [midwestliving.com/facebook](http://midwestliving.com/facebook).



The taste of fame.  
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road? Milk. Its wholesome  
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family strong at every stage.  
Talk about a powerful  
performance.

got milk?

[whymilk.com/jenniferhudson](http://whymilk.com/jenniferhudson)



# Bring in the Best

When Emmy-award winning actress **Alison Sweeney** is too busy to work in the garden, she likes to fill her home with garden treasures. Garden expert Megan McConnell Hughes shares tips for bringing the best of the garden indoors.

## BRING IN GARDEN ART.

Tote artful garden containers and statuary inside and use them as home decor. Use a handcrafted sculpture as a centerpiece or turn a clean, pretty pot into a catchall for odds and ends.

## EMBRACE ORCHIDS.

Some of the fanciest flowers in the world, orchids sport beautiful wing-like petals in a host of brilliant colors to attract insect pollinators. They release little or no pollen into the air and are perfect low-allergy houseplants.

## SNIP FRESH HERBS.

Plant a small container with your favorite culinary herbs—basil, parsley, and chives—and place it in a sunny window. Garden-fresh flavor is now at your fingertips.

## LOOK BEYOND

**FLOWERS.** A vase of bright-eyed blooms makes a statement, but so does an artfully arranged collection of heirloom apples. From pinecones to plump pumpkins, anchor your tabletops with all of nature's treasures.

## PLANT A GLASS

**HOUSE.** Plant your own mini garden inside in a terrarium or glass house. Visit your local garden center for a host of pretty glass houses and tiny foliage plants to grow inside them.



## Friendly Flowers for Allergy Sufferers

These easy-to-grow plants boast very little allergy-inducing pollen. Enjoy them in the garden and snip a bouquet to bring inside. All plants thrive in full sun and well-drained soil.



**Dahlia**  
*Dahlia*



**Magnolia**  
*Magnolia*



**Snapdragon**  
*Antirrhinum*



**Iris**  
*Iris*



**Geranium**  
*Pelargonium*



**Hibiscus**  
*Hibiscus*

Visit [lovetheair.com](http://lovetheair.com) for more allergy-friendly tips



Horticulturist, gardener, and writer Megan McConnell Hughes is the author of several gardening books and a regular contributor to the *Better Homes and Gardens* family of magazines. Look for her most recent book, *Ideas and How-To: Stone Landscaping*, on shelves now.

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# SUMMER

# SHOWSTOPPERS

Want real flower power? Choose sunflowers. These dazzling beauties make a big impact in gardens with bold blooms and surprising new hues.




## SUNFLOWERS

Why *wouldn't* sunflowers fascinate us? Their plate-size blooms tower atop stems as thick as small tree trunks. They track the sun from horizon to horizon each day, swinging their cheery faces of fuzzy centers surrounded by rays of golden petals.

There's no easier place to find sunflowers than the Midwest. Minnesota, North Dakota and South Dakota grow more than 85 percent of the U.S. crop. Starting in late July, vast stretches of sunflowers unfold their yellow blossoms, turning static Midwest fields into swaying seas of gold that captivate passersby.

You can hardly find a time in history when sunflowers weren't turning heads. Aztecs adorned temples with replicas, symbols of the sun god they worshipped. Vincent Van Gogh painted sunflowers in all stages, from full bloom to withering seed head. (An 80-foot-high copy of one painting sits on an oversize easel outside Goodland, Kansas.) Today's gardeners (especially kids) love their fast, easy-growing disposition.

Long recognized by Native Americans and settlers as a hard-working, versatile crop (grown today for their seeds), sunflowers leapt from field to flowerbed in the early 1800s. Now, more than 100 sunflower annual varieties stretch from 2-foot dwarves to 16-foot mammoths. Flowers range in size from a couple of inches in diameter to a foot and bloom in a wide spectrum of hues including white, cream, golden yellow, fiery orange and burgundy red.



Pom poms: 'Teddy Bear'.  
Large heads: 'Tarahumara'.  
Small flowers: *Rudbeckia*.





(Above left) Left: 'Tarahumara'. Right: 'Giant Sungold'. (Below right) Bi-color: 'Velvet Queen'. Crimson: 'Moulin Rouge'. Pink: 'Ruby Eclipse'.







Clockwise, from top:  
'Solita', 'Sole d'Oro',  
'Starburst Panache', 'Ebony  
& Gold', 'Lemon Queen'  
and 'Velvet Queen'.



# SUNFLOWERS

*Keep your face to the  
sunshine and you cannot  
see the shadows.  
It's what sunflowers do.*  
- Helen Keller

'Florenza'



'Starburst  
Panache'



'Starburst  
Aura'



'Music Box'



'Moulin  
Rouge'



'Holiday'



'Ruby Eclipse'





# SUNFLOWERS

Shapes include single, double and fluffy semidouble flower heads. Pollenless varieties aggravate allergies less, drop less residue and last longer in vases.

A no-fuss personality and long vase life make sunflowers a favorite among cut-flower growers. "Every year I plant a few more sunflowers, and every Saturday I sell out," says Karen Pendleton, who sells at the Lawrence, Kansas, Farmer's Market. "No other flower says summer like sunflowers." She plants in spring when day and night temperatures stay above 50 degrees, and the flowers hit their stride in hot, humid weather. To ensure fresh blooms for market every week, Karen staggers plantings a couple of weeks apart. For long-lasting blooms, she cuts sunflowers in early morning when petals unfurl. With fresh water every other day, arrangements can last 10 days.

At Linda Barnes and Mark Runquist's High Hopes Gardens outside Marshalltown, Iowa, sunflowers fit the goal of each crop supporting what grows around it. Besides adding beauty, sunflowers provide nectar for bees and, when left in the field at summer's end, attract goldfinches and cardinals. "They're my hardest-working flower," Linda says.

When planting, remember that the sunflower name refers to more than appearance. The genus name, *Helianthus*, comes from the Greek *helios* (sun) and *anthos* (flower). Appropriately, they give the best show with six to eight hours of direct sunlight every day. They deplete soil rapidly, so replenish nutrients each season with a balanced, slow-release fertilizer or organic matter. Tall varieties need space. Plant five to six seeds 1 inch deep and water the soil. Seedlings will appear in five to 10 days. When they get to be about 3 inches tall, thin them down to the three healthiest. After they reach 2 feet, thin them down to one.

Pair sunflowers with other fast-growing, sun-loving annuals and biennials such as castor bean (with coordinating big foliage), hollyhocks (complementary heights) and zinnias (in a matching color). Plant morning glories that scramble up the stems. Or plant a single row along a tall fence and wait for their faces to peek over, watching for another summer sunrise. ■

Sunflower fields in bloom in Brown County, Kansas.



## 7 PICKS WE LOVE

*You'll find a sunflower to suit every garden—from towering single-stem beauties to dwarf multibranch bloomers.*

### 'GIANT SUNGOLD'

This 'Teddy Bear' type features fluffy 10-inch flowers atop 6- to 7-foot-tall branching plants. The dense double blooms look great paired with single-bloomers.

### 'LYNG'S CALIFORNIA GREYSTRIPE'

For edible seeds, plant this 7-foot-tall mammoth variety. A single, 6-inch yellow flower produces tasty seeds perfect for drying and roasting. Birds love it, too.

### 'STARBURST LEMON AURA'

This 4-foot beauty features multibranching stems with pollenless starburst-type blooms. The pale yellow flowers are perfect for pastel bouquets.

### 'MOULIN ROUGE'

Deep burgundy petals surround an ebony center, creating a velvety look. Side stems on this 4- to

6-foot-tall sunflower are stronger than most multibranching varieties.

**'MUSIC BOX'** These knee-high dwarves bloom in yellow, gold, cream and mahogany bicolors. The bushy plants are prolific bloomers and jazz up beds, borders and window boxes.

### 'PROCUT' SERIES

Popular among professional growers, the series is day-length neutral (day length doesn't affect blooming period), making them early bloomers (50 days to mature). Their 3- to 4-inch-diameter pollenless flowers bloom in vivid hues—lemon, orange, peach and red/lemon bi-color—atop strong 5- to 6-foot plants.

**'SORAYA'** This is the first sunflower to win an All-America Selections award. Sturdy stems support lots—up to 25 flowers per plant—of 4- to 6-inch-diameter bright orange blooms for summer-long bouquets.

### To order sunflower seeds, visit:

Johnny's Selected Seeds (877/564-6697; [johnnyseeds.com](http://johnnyseeds.com))

Pinetree Garden Seeds (207/926-3400; [superseeds.com](http://superseeds.com))

Renee's Garden (888/880-7228; [reeneesgarden.com](http://reeneesgarden.com))





'Lemon Queen'



'Solita'



'Teddy Bear'

'Starburst  
Lemon Aura'



'Music Box'



Vases in middle row:  
Great companion  
flowers for sunflowers.  
From left: blanket  
flowers, 'Prairie Sun'  
rudbeckias and zinnias.







Dear Mrs. Anderson,  
Looks like the kids are  
running on empty after  
splashing around all day ☺.  
Make sure they refuel  
tomorrow with FREE  
breakfast!

Jean,  
Your Baymont Friend  
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Why travel far? White-sugar sand. Red-orange sunsets over azure waves. All nestled within the city. Spend a lunch hour getting sand between your toes or a day in the sun. Convenient summertime downtime awaits.

## OUR TOP CITY BEACHES

*We spent hours walking, kayaking, swimming and, of course, sampling food from snack shacks. These seven offer the best mix of sandy fun and cosmopolitan flair.*

**1 BRADFORD BEACH Milwaukee** A relaxed urban feel floats over this nearly 30-acre expanse on Lake Michigan just north of downtown. Parking is easy off Lincoln Memorial Drive, and there's room, even on busy days, to build a sand castle, spread towels and toss a football. The two-story Bradford Beach House sells concessions, but for the best food, stop at Northpoint food stand, about a 10-minute walk south on the bike path. You won't regret the wait for fresh-made burgers, Wisconsin white cheddar cheese

curds and soft-serve custard flavored with Madagascar vanilla beans (414/257-7275; [countyparks.com](http://countyparks.com)).

**2 CLINCH PARK BEACH Traverse City, Michigan** Tall ships bob on Grand Traverse Bay, a train chugs past the parking lot and carefully tended flowerbeds border the soft sand at Clinch Park Beach, the most popular of Traverse City's six public beaches. More than 1,500 feet of shoreline stands just a few minutes' walk from downtown. It can get busy, but the farther east you walk, the quieter the beach gets (800/872-8377; [traversecity.com](http://traversecity.com)).

**3 PRESQUE ISLE BEACH Marquette, Michigan** Marquette's public park actually stretches for about a mile from town north along Lake Superior, and a bike





trail hugs the shoreline. But for the real entertainment, bring a blanket and watch swimmers leap from Presque Isle's huge black rocks into the 38-degree lake. Most of them are teens (surprised?), but some adults aren't afraid to backflip, belly flop and cannonball (888/578-6489; [marquette.org](http://marquette.org)).

**4 OAK STREET BEACH Chicago** Opened in 1890, this clean white-sand beach stretches like a carpet beneath Magnificent Mile skyscrapers. Palm trees dot the sand, and a swath of pebbles lines the Lake Michigan shore. Visitors get there by strolling through an underpass (where you'll walk past guys playing the violin for cash). Then, enjoy the variety of languages and cultures of your fellow swimmers (312/742-3224; [chicagoparkdistrict.com](http://chicagoparkdistrict.com)).

**5 LAKE CALHOUN NORTH BEACH, Minneapolis** Paved walking and biking trails give this swimming beach just west of the trendy Uptown neighborhood three-pronged appeal—the whole area seems to exude outdoorsy fun. While teens and college students often hang out at mile-wide Lake Calhoun's larger Thomas Beach, a more eclectic crowd prefers North Beach. Tin Fish, a casual seafood-fry restaurant on the northeast shore, has lines of people waiting to place orders for walleye and mahimahi

tacos. A guy plays a keyboard for tips, and people sit at tables along the waterfront and watch the sailboats (612/230-6400; [minneapolisparcs.org](http://minneapolisparcs.org)).

**6 NORTH BEACH Racine, Wisconsin** If we didn't know better, we'd think *California*. Amazingly clean, the 1.2 miles of sandy Lake Michigan coast welcome the Extreme Volleyball Professional tour each summer. A wetland, Kid's Cove playground and a zoo border the 50-acre expanse; to the south, boats bob in Racine Yacht Club's marina. To rent a kayak or personal watercraft, head to Pier 29 Water Sport Rentals at the southern end of Michigan Boulevard. For just \$15 an hour, you can paddle around the harbor and drink in the views of this perfectly groomed destination (262/884-6400; [realracine.com](http://realracine.com)).

**7 PARK POINT BEACH, Duluth** Located on the world's largest sandbar, Park Point stands east of Duluth's famous Aerial Lift Bridge, and the beach faces Lake Superior. Visitors park their cars at the base of a big sand dune and clamber their way up and over it, past a wooded picnic area that comes tricked out with grills, shelters and an ore-boat-style playground. Despite the water's frigid temps, swimmers frolic near the shore and watch the massive 1,000-foot ore boats come and go (800/438-5884; [visitduluth.com](http://visitduluth.com)). ■







Groomed daily, Oak Street Beach in Chicago offers pristine white sand, a ring of palm trees and plenty of space to spread out beneath some of the world's tallest buildings.





## Go far in Fargo

True, Fargo, North Dakota, is remote (235 miles northwest of Minneapolis). But the notion that everyone here is a little provincial? That's Hollywood fiction. Downtown offers appealing shops and restaurants, a boutique hotel and a beautifully restored cinema, all within easy walking distance from each other. Across the Red River in Moorhead, Minnesota, the Historical and Cultural Society of Clay County is a fascinating historical counterpoint to ever-hipper Fargo.

### 60-SECOND TOUR

#### FARGO FUN

To plan your trip, contact the Fargo-Moorhead Convention and Visitors Bureau (701/282-3653; [fargomoorhead.org](http://fargomoorhead.org)).

#### See

Organ performances sometimes precede indie films at the 1926 **Fargo Theatre** (701/239-8385; [fargotheatre.com](http://fargotheatre.com)). The **Plains Art Museum** shows a mix of works in a rehabbed downtown warehouse (701/232-3821; [plainsart.org](http://plainsart.org)). See a replica Viking ship and church at the **Historical and Cultural Society of Clay County** (218/299-5511; [hcsconline.org](http://hcsconline.org)).



#### Shop

Colorful slippers, lanterns and other Asian imports pack **O'Day Cache** (701/293-2088; [odaycache.com](http://odaycache.com)). True to its name, **Zandbroz Variety** has jewelry, toys, books and more (701/239-4729; [zandbroz.com](http://zandbroz.com)).

#### Eat

At **Monte's Downtown**, try the pork tacos with Korean barbecue sauce (701/526-0149; [montesdowntown.com](http://montesdowntown.com)).

#### Nichole's Fine Pastry

sells lush pastries and gelato, plus savory fare (701/232-6430; [nicholesfinepastry.com](http://nicholesfinepastry.com)). In Moorhead, **The Usher's House** serves high-end pub grub (218/287-0080; [ushershouse.com](http://ushershouse.com)).

#### Stay

The 17 stylish rooms at **Hotel Donaldson** feature local art. Have a drink at Sky Prairie (above). From \$179 (701/478-1000; [hoteldonaldson.com](http://hoteldonaldson.com)).

## TRIP CHICK

### SPLIT ROCK

*Our savvy travel insider dishes on what has her excited this month.*

To celebrate Split Rock Lighthouse's 100th birthday, head to the gorgeous North Shore of Minnesota for First Friday concerts and lectures—and to see the beacon lit up. *Sigh.* Admission charged (218/226-6372; [mnhs.org/splitrock](http://mnhs.org/splitrock)).

#### Funky museums

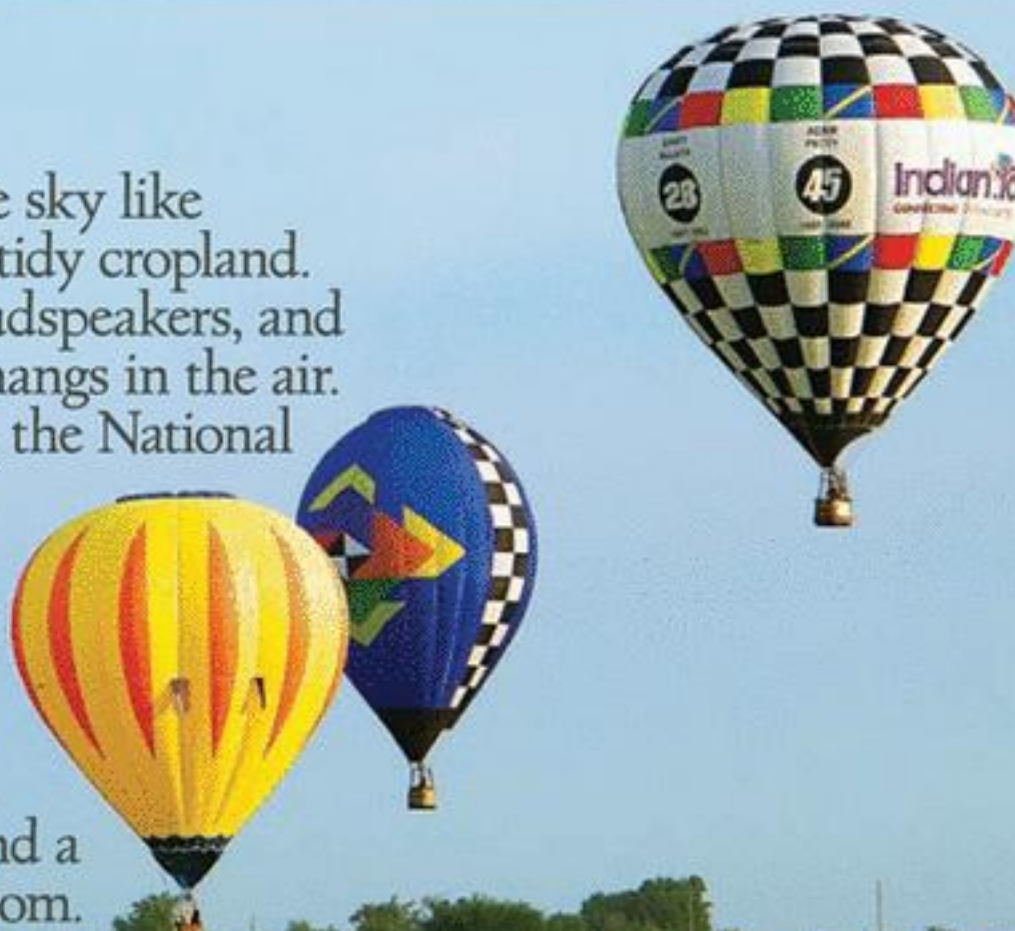
I love **City Museum in St. Louis**. It's like a giant, surreal funhouse for kids and adults, with interactive sculptures, tunnels and slides made of salvaged stuff. Wear jeans and sneakers. Admission charged (314/231-2489; [citymuseum.org](http://citymuseum.org)).

#### Summer steals

In Ohio, the Warren County Convention and Visitors Bureau's **Ride and Roar package** includes two hotel nights, four tickets to Kings Island theme park and the Cincinnati Zoo and two Bob Evans kids' meals—all for \$319. Yowza! (800/791-4386; [rideandroar.com](http://rideandroar.com)). ■

## Up, up and away

Dozens of giant balloons drift across the sky like colorful whales sleep-swimming above tidy cropland. Small-town chatter crackles through loudspeakers, and the greasy-sweet smell of funnel cakes hangs in the air. For a handful of *Midwest Living*® editors, the National Balloon Classic in Indianola, Iowa, has become an annual summertime treat that involves admiring the sunset and watching evening balloon glows. Set for July 30–August 7 this year, it's right down the road from Des Moines (515/961-8415; [nationalballoonclassic.com](http://nationalballoonclassic.com)). Find a balloon fest near you on [hotairballoon.com](http://hotairballoon.com).





  
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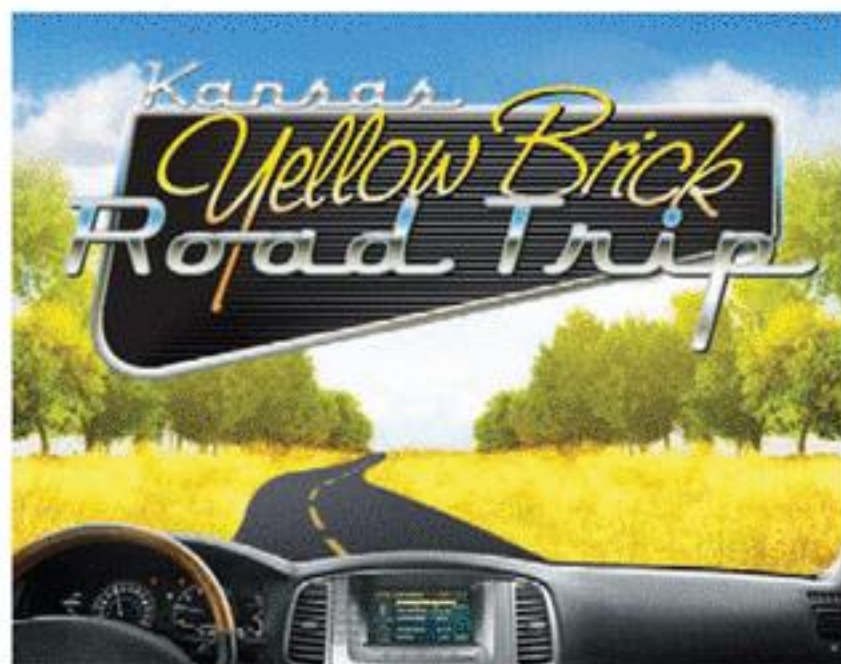
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You can even enter for your chance to win one of several ultimate road trip prize packages, from hiking to biking to camping to bed & breakfast giveaways.

Just go to [YellowBrickRoadTrip.com](http://YellowBrickRoadTrip.com) to enter and plan your summer getaway in Kansas.

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## ZOOM! IN ON YOUR NEXT GETAWAY!



This summer, we are proud to introduce our all-new online travel planner tool: *Midwest Living Zoom!*

On Zoom! you'll find all of *Midwest Living's* favorite travel recommendations—places, sights, activities, restaurants, lodging and much, much more—in a new, fun format. Zoom! makes it easy to discover exciting destinations, build and share an itinerary, and embark on your next Midwestern adventure!

In addition to great travel ideas from *Midwest Living* editors, Zoom! allows you to post your own favorite destinations and view recommendations from other users, enriching the online experience with the help of the *Midwest Living* community!

Click over to  
[midwestliving.com/zoom](http://midwestliving.com/zoom)  
to unlock all the  
Midwest has to offer!



## MUSEUM OF SCIENCE AND INDUSTRY, CHICAGO



This summer, prepare to be blown away. The most dramatic exhibit ever, *Science Storms*, located in Allstate Court, has touched down at the Museum of Science and Industry. Stand before a 40-foot tornado. Unleash a tsunami. Create a rainbow. Experience the science behind nature's most powerful phenomena only at MSI.

For museum tickets,  
visit [msichicago.org](http://msichicago.org).



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# 2nd Annual MyMidwest



## Reconnect with the Midwest

We all agree that the Midwest is the best place in the country, but we want to know what you love the most about the region. Is it traveling to new places; eating local foods; visiting spas and destinations or simply admiring the beauty of the landscape? Whatever your inspiration, take a photo and enter the "My Midwest" photo contest at [midwestliving.com/mymidwest](http://midwestliving.com/mymidwest). Log on and share your stories and photos of your most memorable Midwestern experiences for a chance to be further inspired by the region with a trip to Destination Kohler.

## Summer's only just begun...

There is still plenty of time to get out there and enjoy a one-of-kind Midwestern summer. Fourth of July weekend is the perfect opportunity to travel to any one of the exciting holiday events and observances happening throughout the region. You can beat the summer heat with a sweet treat or al fresco meal along the way to your destination of choice. Or simply enjoy the endless possibilities that sunshine and the outdoors bring to July and August in the Midwest. Get out there—take to the road, the skies or even the river and round out your warm weather experiences before summer's end.



## Family Getaways

**CELEBRATE INDEPENDENCE DAY WITH THE WHOLE FAMILY IN MACKINAW CITY, MICHIGAN** The day includes children's games, live music and one of northern Michigan's largest fireworks displays. The 45-minute fireworks show begins at dusk on July 4th at Conkling Heritage Park.

**ESCAPE TO THE LAKE AND MISS THE CROWDS AT SENECA LAKE, OHIO** This southeast Ohio gem is the largest of the state's 10 eastern reservoirs of the Muskingum River—and a semi-secret location. Rent boats, skis, and canoes at the marina or enjoy two waterslides at the beach with the kids.

## Fan Faves

**HIT THE WHISTLING STRAITS COURSE BEFORE THE 92ND PGA CHAMPIONSHIP IN KOHLER, WISCONSIN** Lake Michigan is visible from all 18 holes, and all four par-3 holes are placed along the water's edge. The PGA

Championship takes place August 9-15, and tickets can be purchased online now at [PGA.com](http://PGA.com).

**CATCH THE PRESEASON ACTION AT SOLDIER FIELD IN CHICAGO** The Chicago Bears play their first preseason home game against the Oakland Raiders on August 21. Get tickets now at [ChicagoBears.com](http://ChicagoBears.com).

## Girls' Night Out

**SHOP THE DAY AWAY IN VALLEY CITY, NORTH DAKOTA** Start your day by taking the scenic bridge tour of the eight historic bridges that cross the beautiful Sheyenne River. Then head to downtown Valley City to shop the 25,000-square-foot antiques mall and several downtown shops with great finds in antiques, crafts and collectibles.

**LEARN ABOUT LILIES AT THE WISCONSIN-ILLINOIS LILY SOCIETY SHOW AT THE CHICAGO BOTANIC GARDEN** The Wisconsin-Illinois Lily Society's annual show features floral arrangements in four artistic categories and a



As you turn the pages of *Midwest Living* magazine, look for stories that may inspire you to share your favorite moments!

**ENTER YOUR PHOTOS FOR PRIZES AT**  
[midwestliving.com/mymidwest](http://midwestliving.com/mymidwest).



## MyMidwest 2010 TOUR

In 2010 *Midwest Living* is expanding upon the "My Midwest" Photo Contest by embarking on a multi-city tour to major events and festivals throughout the Midwest. Stop by the *Midwest Living* booth this summer and fall and have your photo taken in front of a green screen. Then go online and customize your photo to email, post and tweet your "My Midwest" experience photo to everyone you know.

### "MY MIDWEST" TOUR STOPS:

#### KANSAS CITY RIVERFEST

Kansas City, Missouri  
July 3-4, 2010

#### TALL SHIPS CHALLENGE AT NAVY PIER

Chicago, Illinois  
August 24-29, 2010

#### CIRCLEVILLE PUMPKIN SHOW

Columbus, Ohio  
October 20-23, 2010

beautiful judged display of more than 100 lily blooms in different varieties. Get expert tips on how to grow and care for lilies. July 10-11, visit [ChicagoBotanic.org](http://ChicagoBotanic.org) for show times and ticket information.

### Romance Reviver

**ENJOY OLD WORLD ROMANCE AT THE LUXURIOUS CANTERBURY HOTEL IN INDIANAPOLIS** This grandiose hotel, built in 1928, is the perfect place for a romantic weekend away. Order breakfast in bed from the award-winning Canterbury restaurant located downstairs in the hotel before you set out to see the sites.

**RETREAT TO YOUR SUITE AT CHATEAU AVALON IN KANSAS CITY** This fantasy-themed inn serves up luxury rooms for couples seeking a romantic getaway. Choose between experiences like the Camelot suite or the Tahitian Tree House all with whirlpool spa and surround sound entertainment system.

PHOTOGRAPHS: (OPENING PAGE) JOHN NOLTNER. OPPOSITE PAGE: (TOP) CLINT FARLINGER (LEFT, TOP TO BOTTOM) BRIAN CONFER, KEVIN MIYAZAKI, AND BOB STEFKO.

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## Still not sure where to go?

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Extend your stay in Ohio with the perfect balance of fun, education, thrills, recreation, affordability and more. Order your free Travel Planner now at 1-800-BUCKEYE. Visit [DiscoverOhio.com](http://DiscoverOhio.com) for more information.



### My Midwest Tour Stop: Kansas City's KCRiverfest

Saturday, July 3 and Sunday, July 4, 2010

Kansas City, Missouri's, KCRiverFest has music, food, family fun and one of the largest fireworks displays in the Midwest right on the Missouri Riverfront! Visit [KCRiverFest.com](http://KCRiverFest.com) for more information.



Win a world-class golf and spa weekend at Destination Kohler in the 2nd Annual

# My Midwest

## photo contest

### Show us what the Midwest means to you!

Exploring the Midwest has never been more rewarding. Snap a photo of one (or more) of your favorite experiences, places or Midwestern icons and show us what "My Midwest" means to you. Upload your photos, along with a brief description of where you went and what you did, for the chance to win an amazing getaway to Destination Kohler.

### "My Midwest" Inspirations

Not sure what to photograph? Take inspiration from our fun and family-friendly checklist of beautiful places to visit and exciting things to do inside this section. As you start your new adventure, we hope you capture the unique spirit of the Heartland...and share your memories with your fellow Midwesterners.

### Hit the road, explore the region and remember

—the more places you visit and the more photos you take, the more chances you'll have to win!

Reader photos will be posted online at [midwestliving.com/mymidwest](http://midwestliving.com/mymidwest)—so be sure to log on often to upload new photos, share your stories and check out the monthly winners!



**IT'S EASY TO ENTER!**

Log on to [MidwestLiving.com/mymidwest](http://MidwestLiving.com/mymidwest) to upload your photos, see official contest rules, check out photo galleries featuring the latest entries and much more!

## TWO WAYS TO WIN

### 1. BI-MONTHLY WINNERS

With each issue, posted photos will be judged for a chance to win great prizes, including a digital camera, iPod touch, DVD player and Flip Video Camcorder.

### 2. GRAND PRIZE WINNERS

At the end of the year, two grand prize winners will each receive a trip for two to Destination Kohler in Wisconsin.

### GRAND PRIZE WINNERS INCLUDE:

- **Editors' Choice Award** as selected by the editors of *Midwest Living*
- **Readers' Choice Award** as selected by *Midwest Living* readers

Each grand prize package includes: airfare for two; three-day, two-night luxury accommodations at The American Club at Destination Kohler complete with one spa treatment per person; two gourmet dinners and a round of golf on the Whistling Straits course—home of the 2010 PGA Championship.

The "My Midwest" photo contest is open for entry through December 31, 2010, so keep uploading your photos for more chances to win.

"MY MIDWEST" IS SPONSORED BY:



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Subject to Official Rules at <http://www.midwestliving.com>. No purchase necessary to enter or win. To enter visit <http://midwestliving.com/mymidwest> and complete the registration form, then follow instructions to upload up to six (6) original photos into one (1) album that reflect a Midwestern location or experience. The third "My Midwest" monthly photo contest begins June 22, 2010 and ends August 23, 2010. Entries must be received by 11:59 AM C.T. on August 23, 2010. Open to legal residents of the 50 United States and the District of Columbia 18 years or older. Multiple entries will be accepted from entrants, and each entry must be for a unique location or experience. Void where prohibited. Sponsor: Meredith Corporation.





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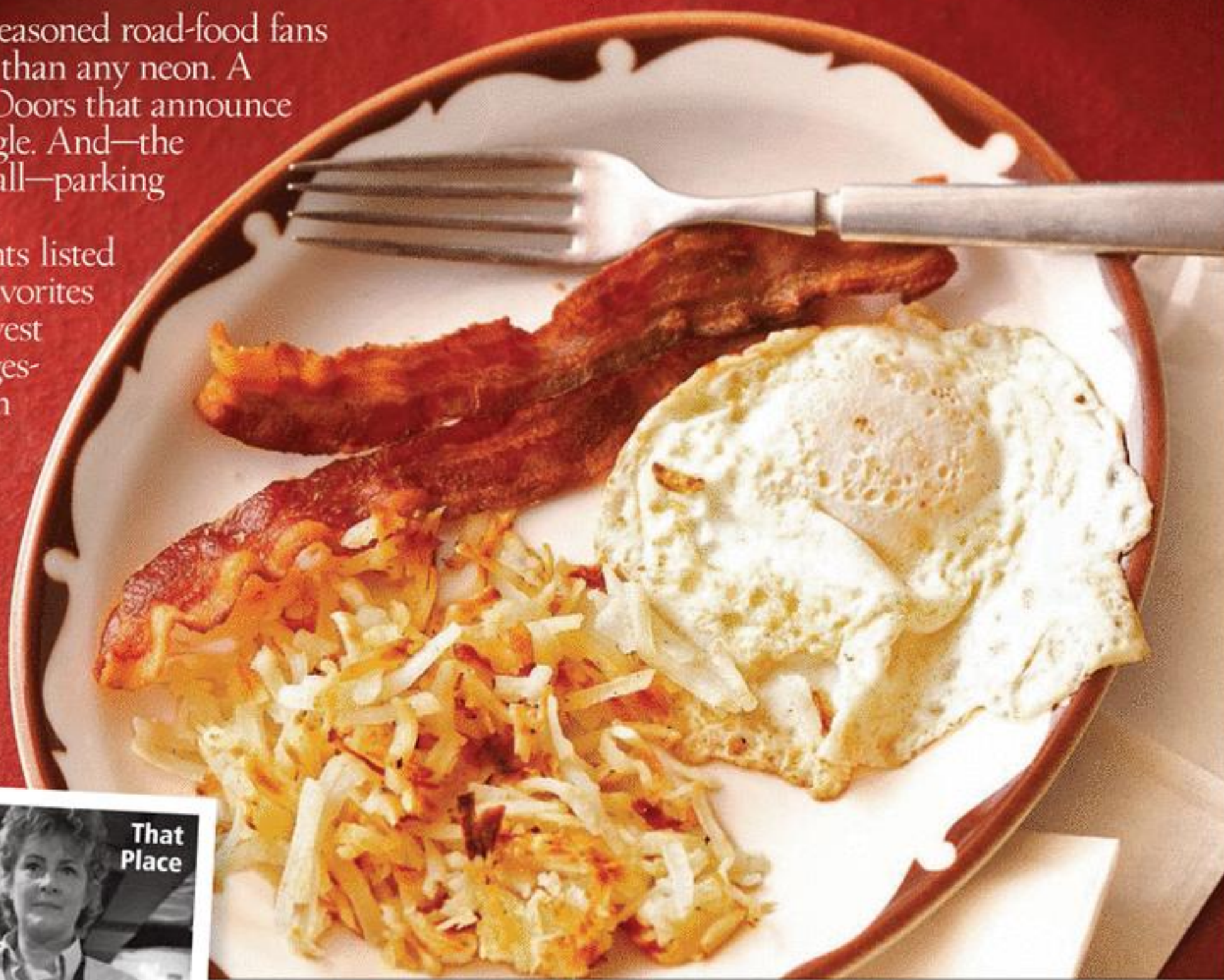




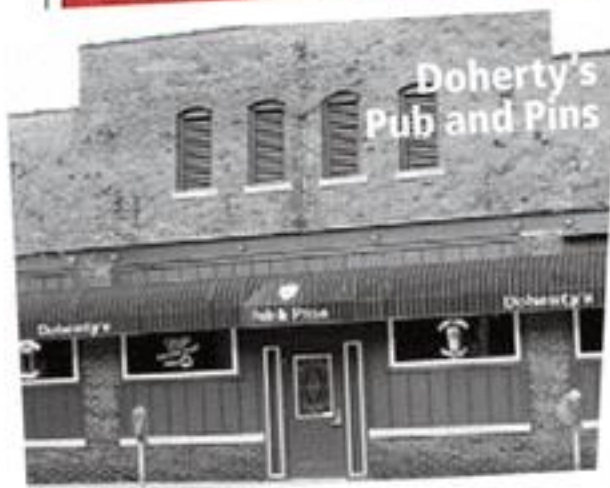
## HOLE-IN-THE-WALL EATS

The best local joints beckon seasoned road-food fans with signs that flash brighter than any neon. A handwritten specials board. Doors that announce customers with a bang or jingle. And—the most honest endorsement of all—parking lots full of local license plates.

The downhome restaurants listed here represent some of our favorites from years of traveling Midwest backroads, plus a dozen suggestions from our readers. When you stop in at these diners and dives, you probably won't find fancy decor or even matching tableware. But you'll always find food worth a detour.



PHOTOGRAPHS: (DOHERTY'S) PAM SMITH; (THAT PLACE) KRITSADA

**Illinois**

**Doherty's Pub and Pins, Decatur** Have a split before dinner, and we don't mean ice cream. There's a bowling alley behind this red-brick storefront. Brothers John, Bob and Jeff Hawkins kept six lanes of the original alley in their pub-style eatery. Try the

**That Place**

Irish-style shepherd's pie and listen as pins crash in the next room (217/428-5612; [dohertyspubandpins.com](http://dohertyspubandpins.com)).

**Iowa**

**That Place, Conrad** Stranded on the prairie at

a highway crossroads, That Place is one of those joints that packs 'em in for the Friday/Saturday prime rib special. Can you find prime rib as good in nearby Des Moines? Sure. But will you eat it in the red wooden booth of an old truck stop under the gaze of a jackalope and owners who are always glad you came? We didn't think so (641/366-2911).

**Indiana**

**Kabob Korner, Indianapolis** Nasir Ayoubi got bored after closing his formal Afghan restaurant. So he opened this fast-service eatery in 2007 with carryout and seating for about 40 in a room painted purple and orange. Try the manto (steamed dumplings) filled with ground turkey and sautéed onions,

topped with yogurt sauce and served on paper plates (317/577-9610; [kabobkorner.net](http://kabobkorner.net)).

**Kansas**

**The Cozy Inn Hamburgers, Salina** "Burgers served with onion and an attitude," says the menu at the nearly 90-year-old diner with six stools in a dining room the size of a single-car garage. Inside the blocky





white building accented in red, cooks grill the tiny, juicy burgers to slap on custom-baked 3½-inch buns (785/825-2699; cozyburger.com).

### Minnesota

**Big Daddy's Old Fashioned Barbecue, Saint Paul** Follow the barbecue smoke to the latest venture of friends Bob Edmond, Gene Sampson and Ron Whyte on Saint Paul's University Avenue West. Fans overlook the limited hours (Friday and Saturday only) and plain decor to get their hands on the so-tender ribs and chicken—not too salty, just the right spice with the smoky taste of hickory (651/222-2516; bigdaddysbbq-stpaul.com).

### Michigan

**Roger Randall Bakery, Wakefield** Inside the brown building, diners sit at a Formica lunch counter to savor Cornish pasties bursting with meat and potatoes. They're so good you don't need gravy (that's saying something with pasties). Locals also stop in for daily dough-

nuts at Randall, the only bakery in this U.P. town. (906/224-5401).

### Missouri

**Billy Gail's Café, Branson** Blue gas pumps stand in front of this former gas station/log cabin on State-265. Named for owners Billy and Gail Blong, the comfy, casual 80-seat café with cheery red-checkered tablecloths might remind you of Grandma's. Regulars often get a hug when they walk in. Try fluffy hotcakes and the grits (417/338-8883).

### Nebraska

**Stella's Bar and Grill, Bellevue** Juicy burgers wrapped in napkins are greasy in the best possible way. Don't pass up fries or onion rings. Stephanie Francois, great-great-niece of Stella who started the 70-year-old business, continues the legacy using family recipes and Stella's well-seasoned cast-iron griddle (402/291-6088).

### Ohio

**New Sandusky Fish Co., Sandusky** It's easy to see how this business works:

There's a counter to order carryout, one to buy fresh fish, and one for pickup. There's only one bench, so you don't linger. But you can eat your fish in the park next door while taking in Lake Erie views. High marks go to the battered, fried lake perch piled on a bun (419/621-8263).

### Wisconsin

**Monty's Blue Plate Diner, Madison** It's tough to get noticed in this food-savvy town, but this gas-station-turned-diner has a rep for some of Madison's best vegetarian dishes, dessert and breakfast. Neon glows on cases filled with desserts and breads. Try the vegetarian meat loaf or salmon hash (608/244-8505; montysblueplatediner.com).

## Reader picks

*We can't wait to drop in for our own visit to these local favorites you recommended.*

**Illinois Rip's, Ladd:** Hanging out while waiting for a table is part of the experience at this silverware-optional eatery that specializes in fried chicken (fish on Friday).

**Indiana Auburn Town Tavern, Auburn:** Go for the fish basket, pork tenderloin, and "great waitress, Dottie."

**Iowa Northwestern Steakhouse, Mason City:**

"Terrific small restaurant that serves the best steaks and roast chicken we've found."

**Kansas Old 56 Family Restaurant, Olathe:** Order the daily special, like pot roast, and sour cream raisin pie.

**Michigan DiMaggios, Coloma:** They serve pizza only one way, thick and cut into squares. "It is so good."

**Minnesota Nicklow's Cafe and Bar, Blaine:** "Great Greek food overlooking a lake. A hidden gem."

**Missouri A Slice of Pie, Rolla:** "Their coconut cream pie is an unforgettable experience."

**Nebraska The Plainsmen Steakhouse and**

**Lounge, Juniata:** "They have a fabulous salad bar and prime rib dinner every Friday and Saturday night."

**North Dakota The Hitching Post Bar, Benedict:**

"Good basic food, including steak specials with all the fixin's in a town with no paved roads."

**Ohio Root Beer Stand, Cincinnati:** The family brews its own root beer each season.

**South Dakota Charlie's Cottonwood Lake**

**Resort, Lake City:** "Best prime rib on Friday nights."

**Wisconsin The Red Barn, Twin Lakes:** All-you-can-eat Friday night fish fry. "Never had a bad dinner here." ■



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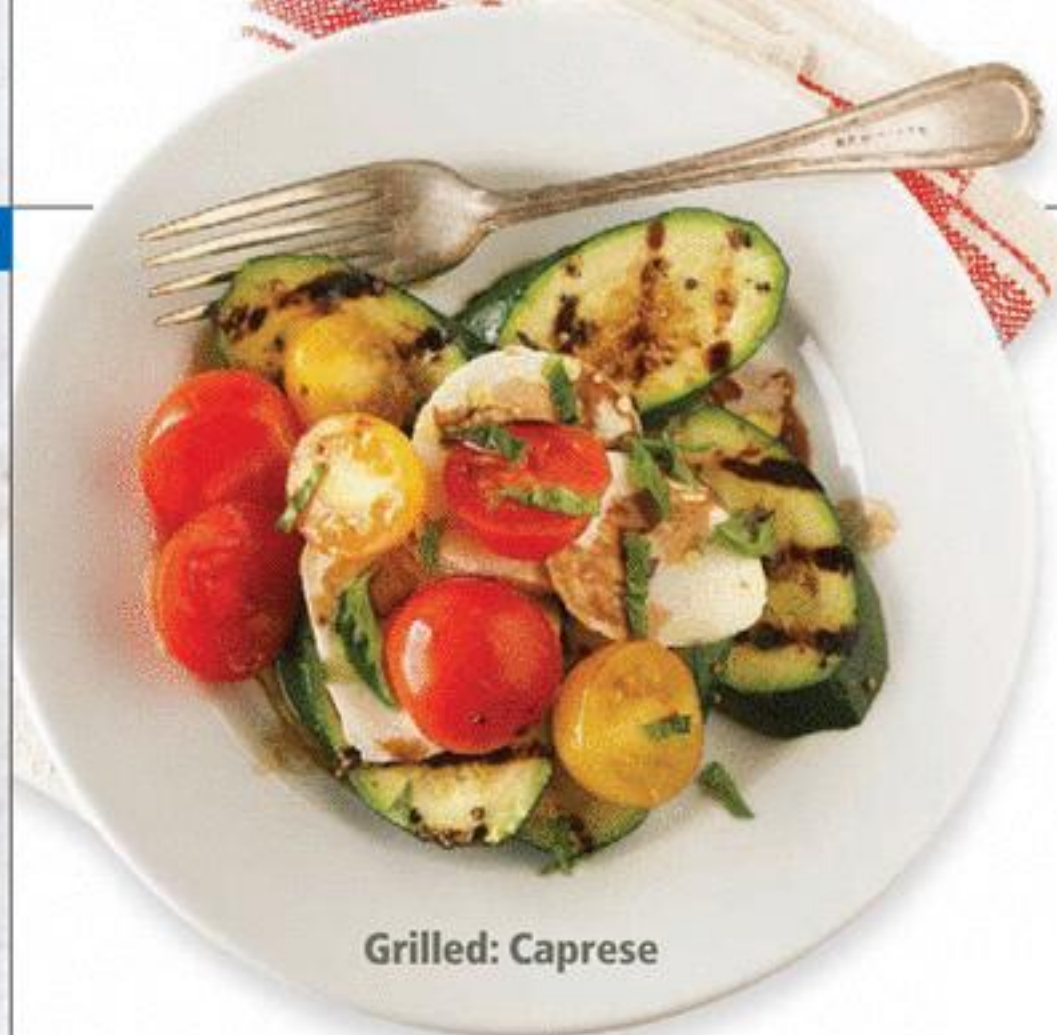
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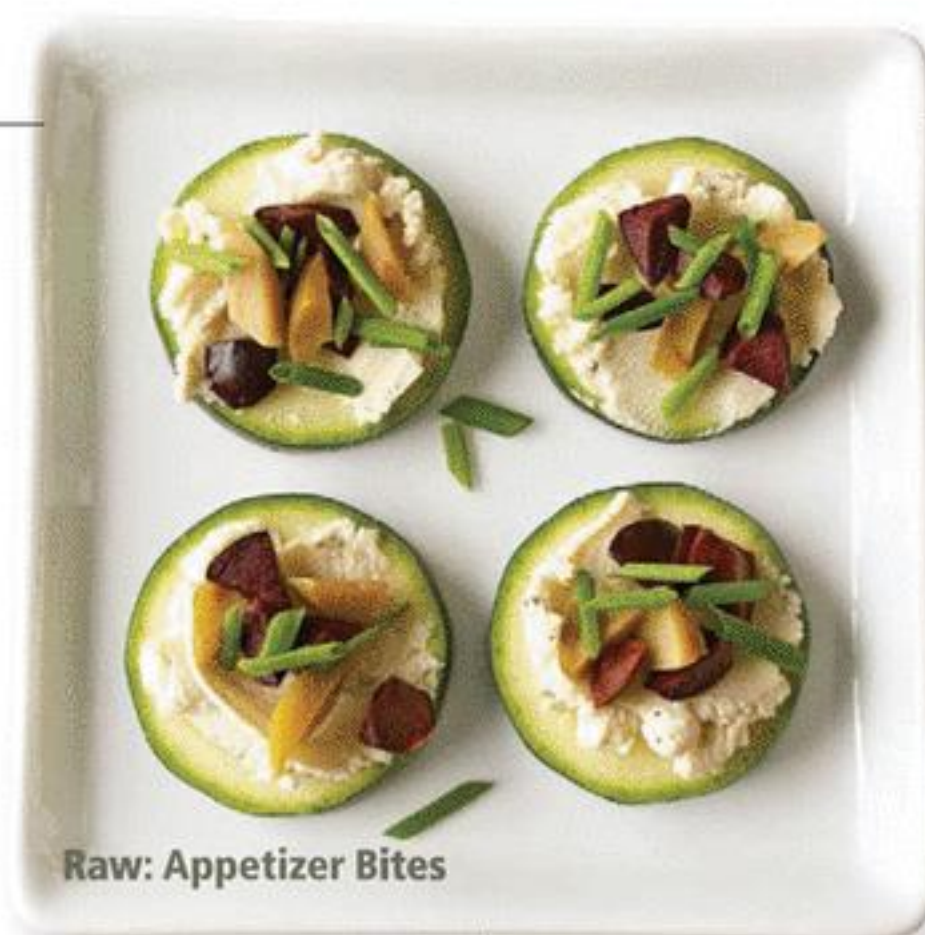


# Zucchini by the zillions

How many ways can you use the surplus of this popular veggie? Here are 15 easy recipes.



Grilled: Caprese



Raw: Appetizer Bites

## Grilled

**CAPRESE** Bias-slice zucchini and grill with halved cherry tomatoes for 4 to 6 minutes; turn once. Toss on platter with fresh mozzarella. Drizzle with olive oil, red wine vinegar and snipped fresh basil.

**KABOBS** Thread zucchini, summer squash pieces and onion wedges on skewers. Brush with olive oil mixed with salt, pepper and lemon peel. Grill 8 to 10 minutes.

**PACKETS** Drizzle sliced zucchini with Italian or balsamic salad dressing and wrap in foil packets. Grill packet 6 to 8 minutes.

**RIBBONS** Slice zucchini lengthwise; brush with olive oil. Sprinkle with salt and pepper. Grill 3 to 4 minutes per side until softened and charred. Sprinkle with feta cheese and fresh dill.

## Sauteed

**TACOS** Halve and slice zucchini. Saute in olive oil 3 to 4 minutes; season with salt, pepper and chili powder. Serve with shredded cooked chicken in warm flour tortillas.

**SAUCED** Saute sliced or chopped zucchini in olive oil with crushed garlic and sliced mushrooms about 4 minutes or until tender. Add a little heavy cream, and cook until thickened. Season to taste; serve over pasta. Top with Parmesan.

**ASIAN** Julienne zucchini and saute in olive oil with chopped shallots about 4 minutes or until tender. Season with toasted sesame seeds, a splash of soy sauce and crushed red pepper.

**FIESTA** Saute chopped zucchini, sliced onion and fresh corn in olive oil for 4 minutes or until tender. Stir in some salsa; heat.

## Raw

**APPETIZER BITES** Slice zucchini and spread with semisoft cheese that comes flavored with garlic and herb. Sprinkle with chopped olives and snipped chives.

**MEDITERRANEAN** Toss sliced zucchini and halved cherry tomatoes with Caesar's salad dressing. Serve in lettuce cups and top with crumbled feta cheese or goat cheese.

**GAZPACHO** Chop zucchini and stir into some vegetable juice and chill. Add a splash of bottled hot pepper sauce to serve.

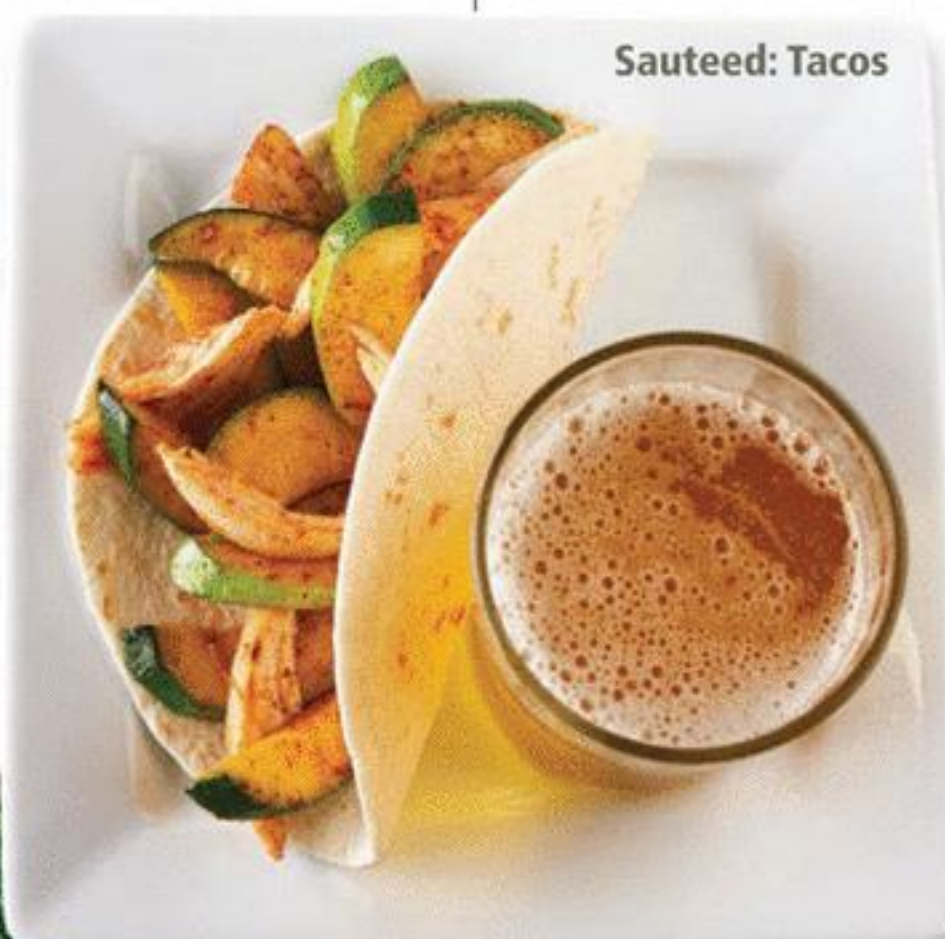
**MARINATED** Marinate zucchini slices, fresh button mushrooms and sweet pepper pieces in purchased vinaigrette salad dressing and a little finely shredded lemon peel for 8 to 24 hours.

## Baked

**CONFETTI MUFFINS** Fold ½ cup shredded zucchini and ¼ cup shredded carrot into prepared corn muffin mix. Bake according to package directions.

**GRATIN** Slice zucchini and layer in a baking dish with a snipped fresh herb and shredded Parmesan mixed with panko (Japanese-style bread crumbs). Drizzle layers with olive oil; sprinkle with salt and pepper. Bake in 375° oven for 20 to 25 minutes or until golden.

**CHOCOLATE CAKE** Stir 1 cup shredded zucchini into a prepared two-layer-size chocolate cake mix along with 1 cup miniature semisweet chocolate pieces. Spoon into a greased and floured fluted tube pan. Bake in a 350° oven about 40 minutes or until done. ■



Sauteed: Tacos



Baked: Confetti Muffins



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# MIDWEST Home & Garden



## SUMMER PLANT PAIRS

Energize a sleepy yard with easy-to-grow perennial partners perfectly suited to Midwest summers.

### 1 Black-eyed Susan & daylily

Plant this fast-growing, low-maintenance combo in sunny areas for a dose of bright hues. Trumpet-shape daylilies come in colors such as pink, red and orange that complement classic orange-yellow black-eyed Susans. Both bloom midsummer; black-eyed Susan flowers last until midautumn.

### 2 Allium & hosta

Create a contemporary look in a hosta garden by adding purple allium for its unique pom-pom shape and leafless stem. Allium brings height to beds of low-growing hostas. Lavender Globe Lily and Turkestan Onion varieties thrive in partial shade, making them a natural partner for shade-loving hosta.

### 3 Cinnamon fern & perennial geranium

This understated pairing of low and tall shade plants is a natural in a woodland garden. Petite geranium flowers fill the often scraggly looking base of mature ferns with delicate points of pale color (pink, purple, blue or cream). The feathery fronds of ferns typically reach 2–5 feet tall.

### 4 Veronica & Asiatic lily

Contrast both shape and color in a lively way by partnering purple-blue veronica and brilliant magenta Asiatic lilies. The shorter veronica conceals the lower stems of the lilies. These sun-loving plants bloom together in midsummer, but veronica continues flowering after lilies fade.





**5 Goldenrod & 'Honeysong Pink' aster**

For a casual cottage garden, plant a pretty mix of feminine florals—pink aster and sunny goldenrod. Even though they look delicate, these hardy plants can handle hot weather and adapt to a variety of soil conditions, including clay. Both bloom midsummer through midfall.

**6 'Cerise Queen' yarrow & 'Tickled Pink' veronica**

A monochromatic intensely pink palette on dark green foliage unites flat yarrow heads and spiky veronica stalks. Enjoy this hardy combo (it can survive drought conditions) from early summer to fall.

**7 Hollyhock & oxeye**

Old-fashioned hollyhock forms tall spires of multibloom color (pink, purple, yellow, red or white) that go well with daisy-like oxeye. Plant this full-sun pair for vivid shows of summer hues. Oxeye continues to bloom after hollyhock fades in midsummer.



**8 Bee balm & globe thistle**

Contrasting shapes and textures, along with long-lasting jewel-tone flowers and dark green leaves, define this duo. This sophisticated pairing is low-maintenance. Both plants can handle tough soil conditions, including clay or sand. A bonus: They attract butterflies and hummingbirds.

**9 Hosta & 'Aureola' grass**

Create stunning textural contrast in a shade garden with bold flat hosta leaves and spiky chartreuse *Hakonechloa* grass. They last late spring through fall and require little maintenance.

**10 'Caradonna' salvia & rose campion**

Magenta and purplish-blue highlight the pretty forms of these flowers. 'Caradonna' salvia's spikes stand out among rose campion's simple heart-shape petals. The airy, care-free pair thrives in a variety of soils. Remove spent salvia flowers to spur rebloom; they'll last until late summer. ■





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# IDEA HOME EXTRAS

A behind-the-scenes look into  
*Midwest Living* Idea Homes



2007 IDEA HOME: Stonelake Farm

## "STONELAKE FARM" 2007 Idea Home Q&A

with Project Builder, Mark Gradison  
President of Gradison Building Corp.

**What elements did you choose to complete the look of the 2007 Idea Home?** Gradison Building Corporation and *Midwest Living* chose a variety of James Hardie® products to complete the exterior look of the home. We used a HardiePanel® product for the "Board & Batten" look on a portion of the home and we used the HardieShingle® product on the front elevation and the smooth HardiePlank® lap siding on the sides and rear of the home. All of these products were factory-finished with ColorPlus® Technology, giving us a baked-on finish that doesn't require painting for 15 years.

**The 2007 Idea Home was a complete build. In what ways was it easier or harder to work on a build versus a renovation project?** New homes are typically easier than a renovation where you are limited to your styles by the existing structure, however the scope of a new build is much larger. To begin with a new home is a blank canvas where you have the opportunity to create any look you have in mind. This particular home was 9,000 square feet and we had a lot of details to select in order to complete the construction in a fashion that made it appealing to the *Midwest Living* readers and potential homeowners.



To read more "Idea Home Extras" with Mark, as well as to see a slideshow of Idea Home images, go to [www.midwestliving.com/ideahomeextras](http://www.midwestliving.com/ideahomeextras).

## HOME&GARDEN



## A patriotic party

An all-American Fourth of July meal needs a tabletop to match. Fashion easy place mats out of burlap fabric—or vintage farm grain bags, as we did. Using fabric glue, attach a denim pocket (cut from worn-out jeans) to each place mat to hold a bandana napkin and utensils. To emphasize the color scheme, stencil a bright red star on each pocket. Mix and match red, white and blue dishware pieces. In honor of the date, display metal 4 house numbers inside vases filled with holiday-color candies. Insert classic sparklers or berry skewers decorated with colorful ribbon "flags." Go ahead, show off your country pride!

## RESOURCES

**Dinner plates** Red-and-white Simply Fine Lenox Batik Dinner Plate, No. 803478A. Lenox (800/223-4311; [lenox.com](http://lenox.com)). **Bowls** Spode Baking Days Red Individual Footed Bowls. Available at [amazon.com](http://amazon.com). **Flatware** Bamboo Flatware. Crate and Barrel (800/967-6696; [crateandbarrel.com](http://crateandbarrel.com)). **House numbers** Home Depot (800/466-3337; [homedepot.com](http://homedepot.com)). **Ribbon for flags** Assorted. Michaels (800/642-4235; [michaels.com](http://michaels.com)). **Vases** Michaels (see Ribbon). ■





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direction so they interlace the already placed orange strips. (Each aqua ribbon should weave in and out of three orange strips.) Repeat until covered.



**Room-energizing pillows** Give bargain pillow covers a dose of pep with playful ribbon designs. For happy stripes (left), create a pattern of five or six perky-color ribbons of different widths and textures. Secure with pins until satisfied with the placement. Use fabric glue or iron-on hem tape to secure ribbons to the pillow. Prefer a free-form design (above)? Use gathered ribbon that's easy to coil or zigzag. We glued a thin aqua ribbon down the middle of a white ribbon for more color. Hold with pins; attach in sections with fabric glue. Your pillows will be the perfect pick-me-ups for any room. ■

Find step-by-step instructions at [midwestliving.com/ribbonprojects](http://midwestliving.com/ribbonprojects).

## Summerize with ribbon

Boost home accessory basics—pillows, curtains, lampshades and more—with ribbons in juicy summer colors. The key to quick and easy ribbon application? Use no-sew crafting supplies, such as iron-on hem tape or fabric glue. Get started with three fast projects guaranteed to bring rooms sunny style.

### Casual curtains

(Above) An oversize tattersall pattern gives plain white curtain panels a relaxed look. We used aqua grosgrain ribbon in two widths to create the effect. To mark evenly spaced "panes"—each about 9 inches wide—draw straight lines on the fabric with a yardstick and a pencil. Use iron-on hem tape to adhere ribbon along the lines.

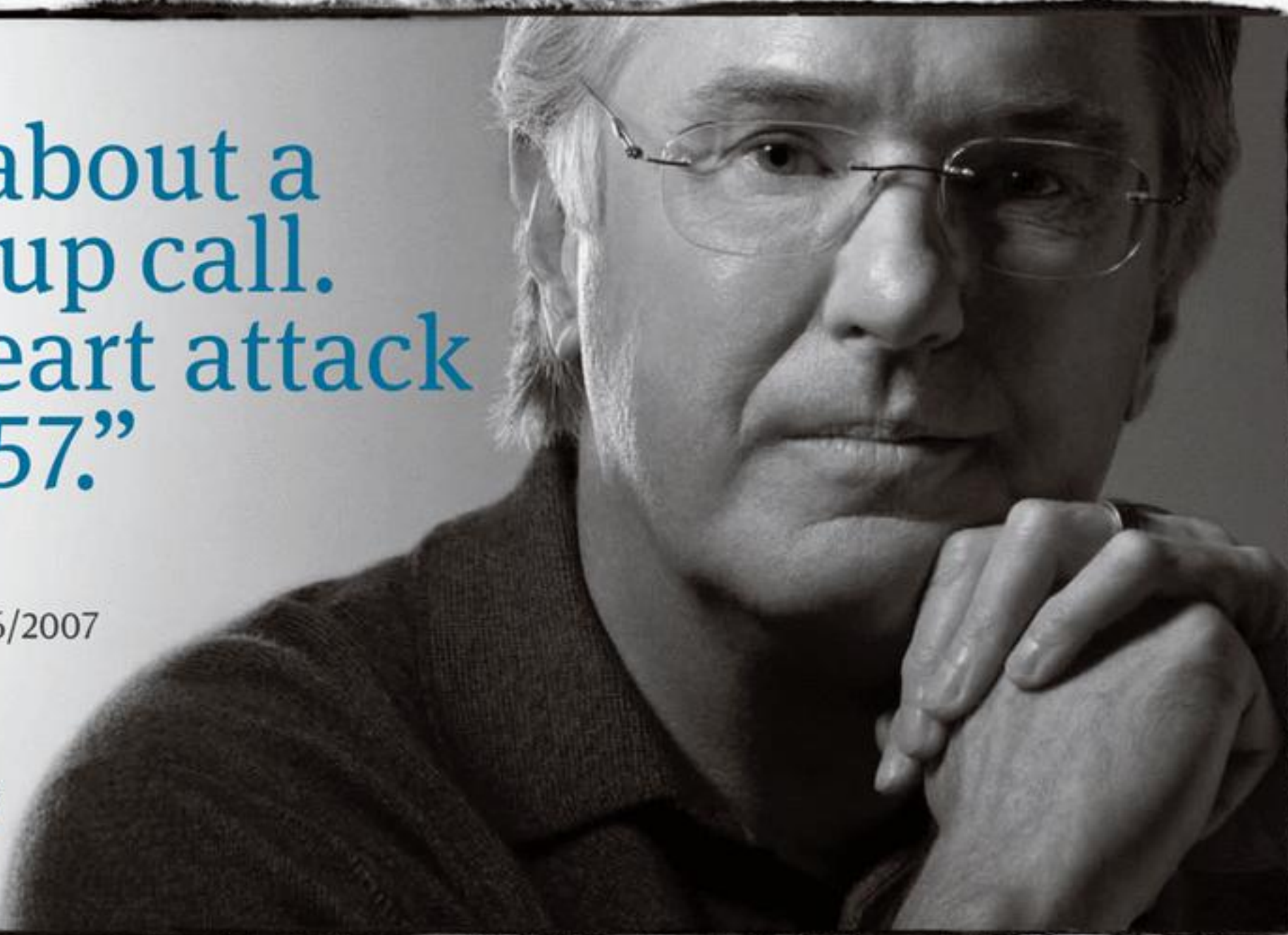
### Crisscross lampshade

(Above right) Turn a no-frills drum lampshade into an attention-getter with woven satin ribbons. To get this look, first apply orange ribbon strips diagonally, spaced at half-inch intervals. Hot-glue ribbon ends to the inside top and bottom of the shade. Then, attach and weave aqua ribbon strips diagonally in the opposite



**“Talk about a  
wake-up call.  
I had a heart attack  
at 57.”**

~John E.  
Lafayette, CA  
Heart attack: 8/16/2007



**“I should have been doing more for my high cholesterol.  
I learned the hard way. Now I trust my heart to Lipitor.”  
Talk to your doctor about your risk and about Lipitor.**

- When diet and exercise are not enough, adding Lipitor may help. Lipitor is FDA-approved to reduce the risk of heart attack and stroke in patients who have heart disease or risk factors for heart disease, including family history of early heart disease, high blood pressure, low good cholesterol, age and smoking.
- Lipitor has been extensively studied with over 17 years of research. And Lipitor is backed by over 400 ongoing or completed clinical studies.

**IMPORTANT SAFETY INFORMATION:**

LIPITOR is not for everyone. It is not for those with liver problems. And it is not for women who are nursing, pregnant or may become pregnant.

If you take LIPITOR, tell your doctor if you feel any new muscle pain or weakness. This could be a sign of rare but serious muscle side effects. Tell your doctor about all medications you take. This may help avoid serious drug interactions. Your doctor should do blood tests to check your liver function before and during treatment and may adjust your dose.

Common side effects are diarrhea, upset stomach, muscle and joint pain, and changes in some blood tests.

**INDICATION:**

LIPITOR is a prescription medicine that is used along with a low-fat diet. It lowers the LDL (“bad” cholesterol) and triglycerides in your blood. It can raise your HDL (“good” cholesterol) as well. LIPITOR can lower the risk for heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as age, smoking, high blood pressure, low HDL, or family history of early heart disease.

LIPITOR can lower the risk for heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

*Please see additional important information on next page.*



**Have a heart to heart with your doctor about your risk. And about Lipitor.**

**Call 1-888-LIPITOR (1-888-547-4867) or visit [www.lipitor.com/john](http://www.lipitor.com/john)**

*You are encouraged to report negative side effects of prescription drugs to the FDA.*

*Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.*



# IMPORTANT FACTS



**LIPITOR**  
atorvastatin calcium  
tablets

(LIP-ih-tore)

## LOWERING YOUR HIGH CHOLESTEROL

High cholesterol is more than just a number, it's a risk factor that should not be ignored. If your doctor said you have high cholesterol, you may be at an increased risk for heart attack and stroke. But the good news is, you can take steps to lower your cholesterol.

With the help of your doctor and a cholesterol-lowering medicine like LIPITOR, along with diet and exercise, you could be on your way to lowering your cholesterol.

Ready to start eating right and exercising more? Talk to your doctor and visit the American Heart Association at [www.americanheart.org](http://www.americanheart.org).

## WHO IS LIPITOR FOR?

**Who can take LIPITOR:**

- People who cannot lower their cholesterol enough with diet and exercise
- Adults and children over 10

**Who should NOT take LIPITOR:**

- Women who are pregnant, may be pregnant, or may become pregnant. LIPITOR may harm your unborn baby. If you become pregnant, stop LIPITOR and call your doctor right away.
- Women who are breast-feeding. LIPITOR can pass into your breast milk and may harm your baby.
- People with liver problems
- People allergic to anything in LIPITOR

## BEFORE YOU START LIPITOR

Tell your doctor:

- About all medications you take, including prescriptions, over-the-counter medications, vitamins, and herbal supplements
- If you have muscle aches or weakness
- If you drink more than 2 alcoholic drinks a day
- If you have diabetes or kidney problems
- If you have a thyroid problem

## ABOUT LIPITOR

LIPITOR is a prescription medicine. Along with diet and exercise, it lowers "bad" cholesterol in your blood. It can also raise "good" cholesterol (HDL-C).

LIPITOR can lower the risk of heart attack, stroke, certain types of heart surgery, and chest pain in patients who have heart disease or risk factors for heart disease such as:

- age, smoking, high blood pressure, low HDL-C, family history of early heart disease

LIPITOR can lower the risk of heart attack or stroke in patients with diabetes and risk factors such as diabetic eye or kidney problems, smoking, or high blood pressure.

## POSSIBLE SIDE EFFECTS OF LIPITOR

Serious side effects in a small number of people:

- **Muscle problems** that can lead to kidney problems, including kidney failure. Your chance for muscle problems is higher if you take certain other medicines with LIPITOR.
- **Liver problems.** Your doctor may do blood tests to check your liver before you start LIPITOR and while you are taking it.

**Call your doctor right away if you have:**

- Unexplained muscle weakness or pain, especially if you have a fever or feel very tired
- Allergic reactions including swelling of the face, lips, tongue, and/or throat that may cause difficulty in breathing or swallowing which may require treatment right away
- Nausea, vomiting, or stomach pain
- Brown or dark-colored urine
- Feeling more tired than usual
- Your skin and the whites of your eyes turn yellow
- Allergic skin reactions

**Common side effects of LIPITOR are:**

- Diarrhea
- Muscle and joint pain
- Upset stomach
- Changes in some blood tests

## HOW TO TAKE LIPITOR

**Do:**

- Take LIPITOR as prescribed by your doctor.
- Try to eat heart-healthy foods while you take LIPITOR.
- Take LIPITOR at any time of day, with or without food.
- If you miss a dose, take it as soon as you remember. But if it has been more than 12 hours since your missed dose, wait. Take the next dose at your regular time.

**Don't:**

- Do not change or stop your dose before talking to your doctor.
- Do not start new medicines before talking to your doctor.
- Do not give your LIPITOR to other people. It may harm them even if your problems are the same.
- Do not break the tablet.

## NEED MORE INFORMATION?

- Ask your doctor or health care provider.
- Talk to your pharmacist.
- Go to [www.lipitor.com](http://www.lipitor.com) or call 1-888-LIPITOR.

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# SMART HOME

## GREEN + WIRED



museum of  
**science+industry**  
chicago

*Midwest Living*® invites you to tour the *Smart Home: Green + Wired* exhibition at the Museum of Science and Industry, Chicago.

### SMART HOME: GREEN + WIRED TOURS

**March 4, 2010–January 9, 2011**

**The Museum of Science and Industry  
57th Street and Lake Shore Drive  
Chicago, Illinois**

This exhibit is not included in general admission to the Museum of Science and Industry and requires an additional timed-entry ticket. Tour times vary and are subject to change. The tickets, which include general Museum admission, are \$25 for adults, \$24 for seniors and \$15 for children 3-11. City of Chicago residents receive a discount.

Please visit [msichicago.org](http://msichicago.org) for more information on schedules and to purchase tickets in advance.

*Midwest Living* has partnered with the Museum of Science and Industry, Chicago to redesign the interior space of the Museum's award-winning green home—*Smart Home: Green + Wired*.

### THE SMART HOME: GREEN + WIRED EXHIBIT

For the third year, the *Smart Home* exhibit will showcase the ways, big and small, that the public can make eco-friendly living a part of their lives.

Guests will tour a fully-functioning, three-story modular and sustainable green home that has been built in the Museum's backyard. The exhibit highlights the latest innovations in renewable resources; eco-friendly technology; smart energy; clean, healthy living; and easy ways to

go green—all in a bright and beautiful living space.

*Smart Home: Green + Wired* is a must-see for anyone who wants their home, and life, to be smarter and more in tune with the environment than it is today.

### A NEW DESIGN FOR 2010

*Midwest Living*'s Senior Home Editor Carol Schalla has updated the home's interior design for an empty nester couple, with the latest in eco-friendly furniture and organic accents.

**Visit [MidwestLiving.com](http://MidwestLiving.com) or [MSIChicago.org](http://MSIChicago.org) for more information about *Smart Home: Green + Wired* and our supportive exhibit partners:**

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Sometimes you don't have the time (or the budget) to take any more than a day jaunt or overnight trip. So we've found 18 close-to-home destinations, all within 150 miles of major Midwest cities. Whether you take a day trip or book a weekend getaway, you'll feel as if you made a great escape—even if your odometer tells a different story.

# QUICK GETAWAYS







## 60 miles west of **Detroit**

**SOUTHEAST MICHIGAN PIONEER WINE TRAIL**  
Michigan's newest wine trail hides in the oft-overlooked Irish Hills region between Ann Arbor and Lansing. Seven wineries operate nine tasting rooms along quaint main streets and rural two-lane highways, perfect for a casual weekend tour. Though the wines from the Old Mission and Leelanau peninsulas are still Michigan's best, the Pioneer offerings get better every year, and the staff love to share their passion. At Pentamere Winery, you can find winemaker Dan Measel pouring samples and patiently explaining *terroir* and tannin without sounding the least bit patronizing. The little towns also hold their own surprises. Jackson (best known for its state prison) has a budding arts scene, while Chelsea is home to Michigan native Jeff Daniels' Purple Rose Theatre. Tecumseh has one of the area's best restaurants, Evans Street Station, where a lovely apple-and-pecan salad tastes as fresh and unexpected as, well, a crisp Michigan white on a hot day.

**To plan your trip, turn to page 86.**

## 83 miles northeast of **Detroit**

### LEXINGTON

Umbrellas dot the sand, Lake Huron twinkles, and the sweet smell of vacation wafts from Oh Fudge Shoppe. Lexington, which calls itself "the first resort north," is a tiny shore town with a nice lineup of cottage rentals and B&Bs. The mood here is decidedly laid-back, with just a handful of businesses, but isn't that what beach vacations are all about? ([lexingtonmichigan.org](http://lexingtonmichigan.org)).

## 45 miles southwest of **Detroit**

### MONROE

Mellow jazz and happy chatter fill the air during Monroe's biweekly free concert series, which culminates in the River Raisin Jazz Festival (August 14–15). Besides an emerging music scene, Michigan's third-oldest city has a new river walk, several restaurants and a surprisingly chic place to crash, the Hotel Sterling, which has hardwood floors, leather armchairs and marble baths ([www.monroeinfo.com](http://www.monroeinfo.com)).

St. Julian Winery vineyards in Paw Paw. (Above) Zou Zou's Cafe and Coffee Bar in Chelsea, Michigan.



Alma's shops cozy up to Mississippi River bluffs. (Below) Buena Vista Park in Alma offers a glorious view.



## 32 miles southeast of Minneapolis

**GREAT RIVER ROAD, WISCONSIN** It takes faith to climb as many as 100 steps from your car to a vacation cottage, especially after you've had to shift gears and say a little prayer just to drive up to the parking lot. But as you listen to leaves rustling in the treetops, you won't regret the effort. Perched on a bluff in Fountain City, Wisconsin, Hawks View Cottages makes the perfect endpoint to a weekend drive along the east bank of the Mississippi. The sun sets over the verdant valley, and you think of what you saw (and ate!) along the way. Stockholm's shops include Abode Store and Gallery, featuring river-inspired crafts. Pocket gardens hide behind artsy shops in Alma. In Pepin, the peach pie at Third Street Deli tastes like pure summer. And tomorrow morning at Perrot State Park in Trempealeau, you can hike up Brady's Bluff for one last sweeping Mississippi view before you turn around and drive back home.

**To plan your trip, turn to page 86.**

### 44 miles south of Minneapolis NORTHFIELD

You'll see lots of bikes and Birkenstocks in this two-college town on the Cannon River. St. Olaf offers great music, while Carleton has an 880-acre arboretum. A food and crafts market takes over the river walk on summer Saturdays, and a full day's worth of cute gift shops and bookstores lines Division Street. Don't miss the tiny museum about a foiled Jesse James bank raid (800/658-2548; [visitingnorthfield.com](http://visitingnorthfield.com)).

### 126 miles southeast of Minneapolis LANESBORO

Tiny Lanesboro (aka Bed and Breakfast Central) struck tourism gold in the 1990s with the Root River Trail. Most visitors still come for easy, scenic cycling (rentals are available). But other draws include Scenic Valley Winery, the Commonwealth Theatre and the Old Village Hall, where seasonality feeds the creative menu (just be sure to make a reservation!) (800/944-2670; [lanesboro.com](http://lanesboro.com)).







Holiday World has 49 rides and slides. (Below) Quieter spots near Santa Claus: Silent Night Coffee and the Leavenworth Inn.

## 154 miles southwest of Indianapolis

SANTA CLAUS, INDIANA OK, so Santa Claus isn't quite within 150 miles of Indy. But this family-centric town offers such a nice variety of affordable activities, we broke our own rule. The big lure is Holiday World and Splashin' Safari, with a plethora of colorful rides and slides that will elicit squeals from the backseat. (Grown-ups will cheer for the free pop, parking and even sunscreen.) In town, you can read kids' letters to Santa at the Santa Claus Museum or try frozen hot cocoa at Santa's Candy Castle. But the area isn't all kitsch. Plan to visit a handful of Abe Lincoln sites, canoe on the Blue River or tour Marengo Cave. Lake Rudolph Campground provides RV rentals for newbie campers, or, if your crew prefers plusher digs, the Leavenworth Inn is lovely—and kids are welcome.

To plan your trip, turn to page 86.

## 44 miles south of Indianapolis

### COLUMBUS

Two-hour bus and walking tours highlight Columbus' striking architecture, including buildings by Eero Saarinen, I.M. Pei and other noted architects. The hip Hotel Indigo downtown perfectly complements the city's modernist spirit, and local restaurants hold progressive dinners and other special events (800/468-6564; columbus.in.us).

## 120 miles north of Indianapolis

### WINONA LAKE

This seen-better-days resort town is, well, seeing better days. Rehabbed houses along a European-style canal hold a few shops and galleries. Two pretty, art-filled parks beg for strolls or picnics, and on the lake, the luxe Blue Heron Guest House offers stunning lake views (574/268-9888; villageatwinona.com).



PHOTOGRAPHS: (ALMA, RIVER) JOHN NOLTNER; (RIDE) COURTESY OF HOLIDAY WORLD AND SPLASHIN' SAFARI; (SHOP, INN) GREG WHITAKER





## 110 miles east of **Chicago**

**AMISH COUNTRY, INDIANA** In tiny Nappanee, an Amish man parks his buggy by a gas pump, a living metaphor for the way new and old coexist in northern Indiana. Some people come here for classic Amish Country: 29 kinds of pie at Das Dutchman Essenhaus, hand-sewn gifts and homemade jellies at Little Helpers Quilt Shop, treasure-hunting at the Shipshewana Flea Market. But towns like Goshen, Middlebury and Elkhart also are modern communities. You can shop for candles at The Cinnamon Stick, see an original Grandma Moses at the Midwest Museum of American Art, browse through novels at Better World Books or share Asian-inspired tapas at Kelly Jae's Cafe. What's unexpected here is that, like the Amish themselves, you can mix the old and new in the way that feels right for you.

**To plan your trip, turn to page 86.**

## 60 miles northwest of **Chicago**

### **WOODSTOCK**

It's just a train ride from Chicago, but Woodstock feels anything but suburban. The historic town square (famously featured in *Groundhog Day*) is adorable, with great home decor shops, a cozy bookstore and the perfect lunch spot, La Petite Creperie. Come for the Woodstock Mozart Festival (July 31–August 16) or the farmers market (815/338-2436; woodstockilchamber.com).

PHOTOGRAPHS: BOB STEFKO



## 90 miles southwest of **Kansas City**

**FLINT HILLS, KANSAS** Out in the Flint Hills, everything you ever heard or learned or read about the big prairie sky suddenly makes sense. It's immense and domed, ever-changing and never-changing, soothing and a little scary. You watch the sun (seemingly) travel each day from east to west, and the horizon surrounds you like a giant circus ring. Europeans flock here to experience this landscape; you can just hop on Interstate-35 and drive southwest to Tallgrass Prairie National Preserve, where free bus tours take you out into the 3-foot grasses that once covered much of the Midwest. The historic cowtowns of Council Grove and Cottonwood Falls are perfect bookends to the prairie. Stay at the restored Grand Central Hotel and groove to a jam session at the Emma Chase Cafe. Bird-watching is another big draw. But don't overbook your vacation. There's nothing wrong with coming here just for the tingly feeling of realizing how vast the world is.

To plan your trip, turn to page 86.

## 10 miles east of **Kansas City** **INDEPENDENCE**

Once you get past the big-box stores, historic Independence Square doesn't feel a bit like suburban sprawl. The Harry S. Truman Library and Museum has impressive exhibits. (*Memories of Korea* stays open through December.) The Truman home offers an intimate glimpse of the 33rd president, and Ophelia's serves inventive fare such as a grilled shrimp Cobb salad (800/748-7323; [visitindependence.com](http://visitindependence.com)).

## 94 miles south of **Kansas City** **FORT SCOTT**

Kansas' Civil War history spirals around Fort Scott, where today, a national historic site preserves 20 buildings. (Look for 170-year-old ax marks on the beams.) Try to time your visit for a special event (the next is during July 4 weekend), so you can chat with reenactors. Also, don't miss the nearby National Cemetery (800/245-3678; [fortscott.com](http://fortscott.com)).

Accents Framing and Gifts in Goshen. (Below) More than 20,000 Amish people live in Elkhart and LaGrange counties.

## 67 miles north of **Chicago**

**KENOSHA** Put away your preconceived notions and take a day to explore this Wisconsin bedroom community on Lake Michigan. A hearty breakfast at Franks Diner will fuel tours of the lakefront, the new Civil War Museum or the Anderson Arts Center, which hosts free Tuesday-night jazz concerts in summer. Dinner at Mangia Trattoria is a must; try the gnocchi (800/654-7309; [kenoshacvb.com](http://kenoshacvb.com)).

PHOTOGRAPH: HARLAND SCHUSTER

North America's tallgrass prairie once covered 140 million acres; most of the 4 percent that remains is in Kansas.



## QUICK GETAWAYS

Maker's Mark is Kentucky's prettiest distillery. (Below) The wares at Woodford Reserve in Versailles. A Kentucky horse farm.



### 135 miles southwest of Cincinnati

**BARDSTOWN, KENTUCKY** We mean this in the kindest way, but Bardstown is soaked. Three of the Kentucky Bourbon Trail's six distilleries are here, as well as a whiskey museum. You can take a bourbon-theme trolley tour, see Abraham Lincoln's liquor license or dip a bottle of Maker's Mark in red wax. The town's cooks seem engaged in an unspoken competition to out-infuse each other, and a bourbon guru who goes by Colonel hosts a lively tasting and demo dinner. On the menu? Eclairs with bourbon-chocolate sauce. But you don't have to imbibe to appreciate the town's rich history. Bardstown's *other* claim-to-fame is the plantation house that inspired the song "My Old Kentucky Home."

To plan your trip, turn to page 86.

### 50 miles northeast of Cincinnati

**DAYTON** Sights in this National Aviation Heritage Area range from humble (the Wright brothers' bike shop) to humbling (the National Museum of the U.S. Air Force). The popular Dayton Air Show (July 17–18) stars the Blue Angels (800/221-8235; [daytoncvb.com](http://daytoncvb.com)).

### 62 miles northeast of Cincinnati

**YELLOW SPRINGS** The 1960s might be history now, but funky Yellow Springs never got the memo. Many shops have a hippie vibe—even baby clothes smell like patchouli! Glen Helen Nature Preserve rounds out a day trip, and the Winds Cafe is special-occasion worthy (937/767-2686; [destinationyellowsprings.com](http://destinationyellowsprings.com)). ■







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raspberry

peach

## choose-a-fruit scoops

Recipes begin on page 57

blackberry

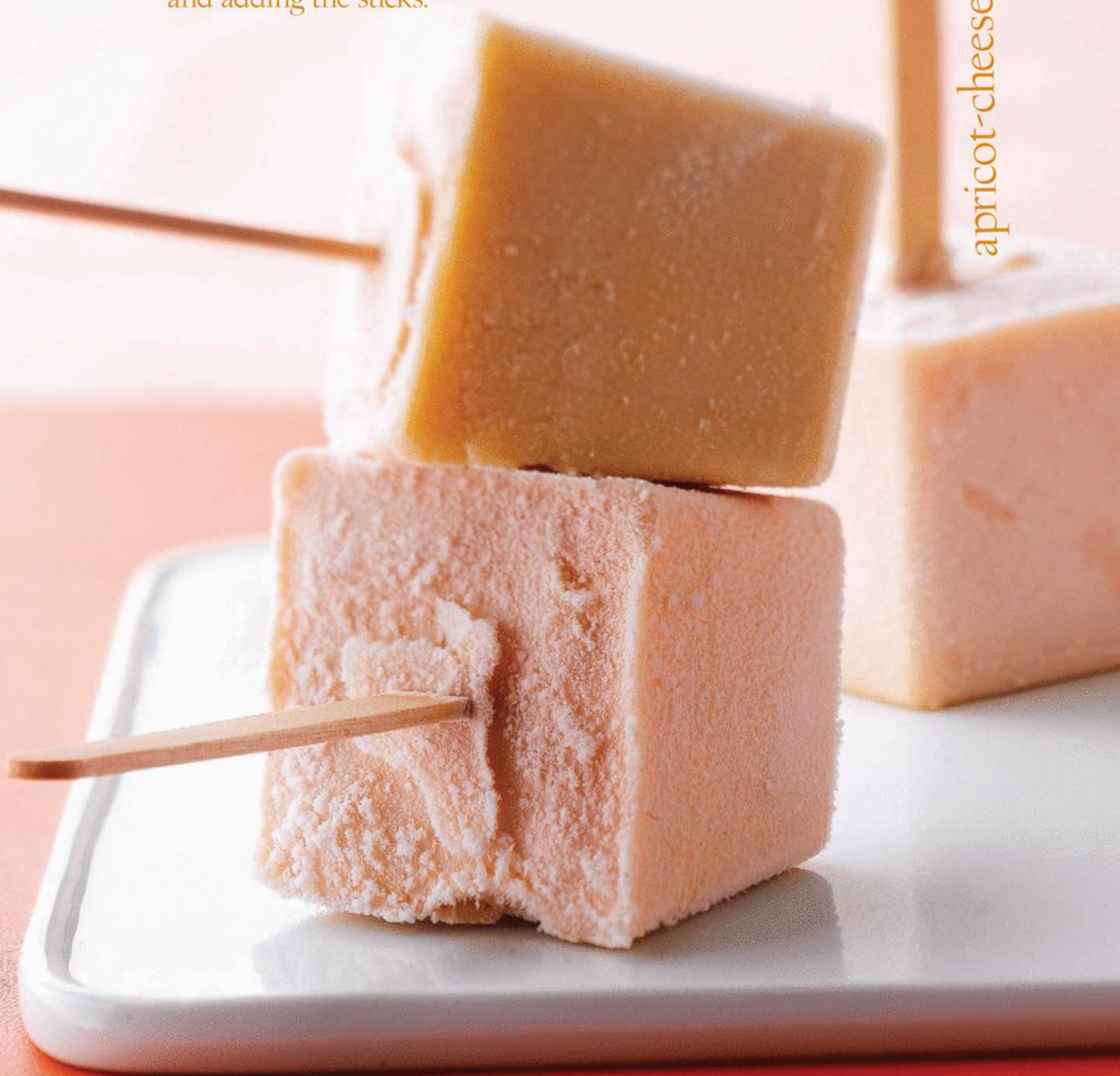
# BEAT-*the*-HEAT TREATS

Keep your cool with these refreshing chilled drinks, pies and more featuring the season's most colorful, juicy-ripe ingredients.



**Cool tip** If you don't use actual Popsicle molds, freeze pops in silicone muffin cups; their soft sides make it easy to pop out the treat. If metal muffin cups are all you have, line them with paper bake cups before spooning in the mix and adding the sticks.

apricot-cheesecake frozen pops





## BEAT-THE-HEAT TREATS

**Cool tip** Get more blueberry flavor: Choose berries with the familiar gray-blue color—without a hint of red, which indicates underripeness. Berries won't get any riper after they're picked.



very blueberry pie



## Black-Raspberry-Chip Gelato

Stand: 30 minutes. Prep: 40 minutes. Cook: 13 minutes.  
Chill: 8 hours. Freeze: 4 hours

- 6 egg yolks
- $\frac{3}{4}$  cup sugar
- 2 teaspoons finely shredded lime peel
- 2 cups half-and-half or light cream
- 2 cups whipping cream
- 3 cups fresh black raspberries, blackberries, red raspberries, strawberries or blueberries
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup peach preserves
- $\frac{1}{4}$  teaspoon kosher salt
- $1\frac{1}{2}$  cups coarsely chopped fresh black raspberries, blackberries, red raspberries, strawberries or blueberries
- 6 ounces bittersweet chocolate, milk chocolate or white baking chocolate, coarsely chopped or 1 cup semisweet chocolate pieces or white baking pieces
- 1 3-ounce jar macadamia nuts, chopped

1. Let egg yolks stand at room temperature 30 minutes.
2. In large mixing bowl, beat yolks with electric mixer on high speed 5 minutes or until thick and lemon colored. Gradually add  $\frac{3}{4}$  cup sugar, beating until well combined.
3. Transfer egg mixture and lime peel to a large saucepan. Stir in half-and-half and whipping cream.

Cook and stir over medium heat 8 to 10 minutes or until mixture thickens slightly and coats back of metal spoon (about 180°). Remove from heat. Pour through a fine-mesh sieve into large bowl to remove lime peel; discard peel. Place bowl in very large bowl or a sink half-full of ice water. Stir to cool custard; set aside.

4. In a medium saucepan, combine 3 cups berries,  $\frac{1}{2}$  cup sugar, the peach preserves and salt. Bring to boiling over medium heat, mashing berries with a potato masher or wooden spoon; reduce heat. Simmer, uncovered, for 5 minutes, stirring frequently. Remove saucepan from heat; cool mixture slightly.

5. Transfer berry mixture to a food processor or blender. Cover and process or blend until almost smooth. Pour mixture through a fine-mesh sieve into a medium bowl, pressing on solids with back of a spoon; discard solids. Stir mixture into custard.

6. Transfer the custard mixture to a bowl or other container. Cover surface of the custard mixture with plastic wrap; chill 8 to 24 hours. Transfer to 4- or 5-quart ice cream freezer. (It should be no more than two-thirds full.) Freeze according to manufacturer's directions. Spoon into freezer container with tight-fitting lid. Using a sturdy rubber spatula, fold in  $1\frac{1}{2}$  cups chopped black raspberries, chocolate and nuts until just swirled. Cover and freeze at least 4 hours before serving. **Makes 2½ quarts (18 to 20 servings).**

**Nutrition facts per serving:** 309 cal, 22 g fat, 117 mg chol, 53 mg sodium, 29 g carbo, 3 g fiber, 4 g pro.

**Cool tip**  
Can't tell a blackberry from a black raspberry? The core of the black raspberry stays on the plant when picked, leaving the familiar hollow in each berry, just like red raspberries.

black-raspberry-chip gelato





## BEAT-THE-HEAT TREATS

**Cool tip** End blender freeze-ups during smoothie making. They happen when there's not enough liquid around frozen ingredients. To solve it, pour liquids and soft ingredients into the blender first, then add all the frozen stuff on top and blend. Still stuck? Pour in some juice or milk, then cover and blend again.

cherry-berry smoothie







## Tangy Cherry-Tea Sorbet

Source: Michigan Cherry Committee

Start-to-finish: 10 minutes

- 1¼ cups water
- ⅓ cup sugar
- 1 tablespoon lemon juice
- 1 tablespoon unsweetened iced tea mix
- 1 16-ounce package frozen unsweetened pitted tart red cherries (3 cups)

1. In a bowl, mix water, sugar, lemon juice and iced tea mix until tea is dissolved. Transfer half the tea mixture to blender or food processor. Add half of the frozen cherries. Cover; blend until almost smooth. Spoon into cold dessert dishes. Repeat with remaining tea mixture and cherries. Serve immediately. **Makes 6 servings.**

**Make-ahead:** Pour pureed mixture into 8x8x2-inch dish. Cover; freeze 1 to 3 hours or until nearly firm. Use spoon to scrape into dishes.

**Nutrition facts per serving:** 78 cal, 0 g fat, 0 mg chol, 2 mg sodium, 20 g carbo, 1 g fiber, 1 g pro.

## Black Forest Freezer Pie

Source: Friske's Farm Market near Ellsworth, Michigan

Prep: 40 minutes. Bake: 8 minutes. Freeze: 7 hours

- 1½ cups finely crushed graham crackers
- ⅓ cup butter, melted
- 3 tablespoons granulated sugar
- 1 pint vanilla ice cream (2 cups)
- ½ of an 8-ounce package cream cheese, softened
- 1 cup powdered sugar
- 1 8-ounce container frozen whipped dessert topping, thawed
- 2 cups Friske Orchards Cherry Pie Filling or one 21-ounce can cherry pie filling, chilled
- Hot fudge ice cream topping or chocolate syrup

1. In a bowl, combine crushed grahams, melted butter and sugar. Press onto bottom and up sides of ungreased 9-inch pie plate. Bake in 350° oven 8 to 10 minutes or until golden. Cool.  
 2. In chilled bowl, stir ice cream with spoon just until softened. Spoon over cooled crust. Cover; freeze 4 hours or until firm.  
 3. In large mixing bowl, beat cream cheese with electric mixer until smooth. Add powdered sugar; beat well. Gently fold in dessert topping; spread over ice cream. Using back of a spoon, make 8-inch-wide well in top layer. Cover; freeze 3 to 4 hours.  
 4. To serve, spoon the cherry pie filling into well in top of pie. Serve drizzled with fudge topping. **Makes 8 servings.**

**Nutrition facts per serving:** 572 cal, 25 g fat, 52 mg chol, 340 mg sodium, 79 g carbo, 1 g fiber, 5 g pro. ■

For more recipes, see page 94.

black forest freezer pie





MAKES PEACE BETWEEN  
CHICKEN AND GREEN BEANS, AND  
GREEN BEANS AND SIX YEAR OLDS.



THE BEST  
SIDE OF DINNER



The best side of dinner starts with a new song by country star Rodney Atkins. [Velveeta.com/RodneyAtkins](http://Velveeta.com/RodneyAtkins)

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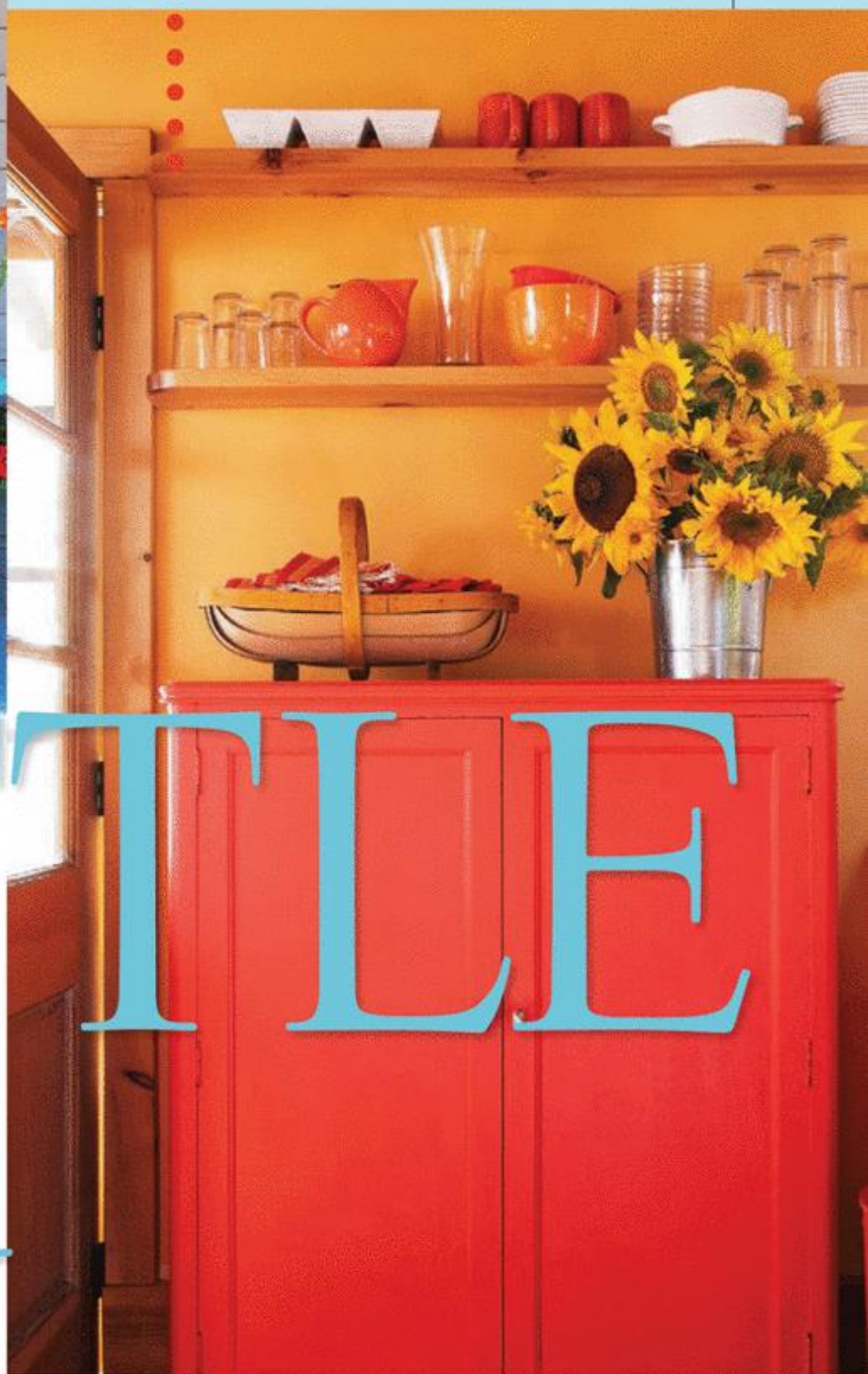
● **Colorful details,** such as two bright turquoise Adirondack chairs, whimsical folk art and a recycled and refinished wood door, set the tone for what's inside.

# THE BIG HOUSE



A small vacation cottage lives large, thanks to vibrant color, recycled finds and budget-friendly decorating.

- **Wall shelving** in the kitchen provides a smart
- substitute for costly upper cabinets, while a
- repainted antique cabinet acts as a pantry.







Budget choices don't define designer Sandy Avis' lake home. But they do make it colorful, clever and comfortable—the perfect weekend escape.

Sandy, husband Todd and their three sons have vacationed in northern Michigan for 20 years. But finding a second home in their price range proved challenging, until they stumbled on this compact (1,477-square-foot) gem in an eco-friendly development in Empire. They loved the concept of small lots, small houses, green space and, of course, affordability. And the location near Sleeping Bear Dunes National Lakeshore is ideal.

"We loved the idea that we're a half mile from Lake Michigan," Sandy says. "I can just hop on my bike and be at the beach in two minutes."

Unique but practical, the home was built with found materials, such as a recycled corrugated-metal roof, pine ceiling beams salvaged from a factory teardown, quarry tile floors and even pieces of broken Fiesta dinnerware and recycled bricks in the porch foundation.

The Avis family quickly saw the home's potential, and Sandy set out to add charm to the space with loads of color, bargain antiques and





● **Folded tea towels** (only \$2.95 each) mounted on tension rods are an easy, budget window treatment.

● **A simple movable island**, like this compact Ikea unit, stands in for a more expensive built-in cabinetry piece and efficiently pairs a food prep surface with shelf storage underneath.



● **Knobs in the kitchen** are actually ceramic insulators from old electric farm fencing. The white knobs pop against newly painted red cabinetry rescued from a local farmhouse.



● **Radiant heat** under the recycled-tile floor warms the kitchen. Rusted metal from a barn roof gets new life as a half-wall, hiding a scratch-and-dent stove.



● **The antique kitchen sink** came to the Avides from a historic building in central Illinois. Its old-fashioned utilitarian design, with large drainboard, works well for the family. Inexpensive fabric skirting underneath hides pots, pans and a recycling center.

● **Centerpieces** don't need to be fancy or expensive. Instead of a standard arrangement or vase on the contemporary dining table, Sandy displays single-stem wildflowers in old milk bottles and a galvanized milk crate found at a barn sale.



**This side table** got new life with a coat of bold red paint. Sandy grabbed this serendipitous find because it had a galvanized metal top that matched her coffee table.

**The bath** sports wood plank walls and simple hooks for towels. The hooks and plumbing pipe used for the basement stair railing came from the local hardware store.



**Bargain armchairs** found at an estate sale got new personalities with slipcovers that offer splashy style along with easy cleanup. Sandy slipcovered new cube ottomans to match.

**Accent pillows** are one of the easiest and cheapest ways to add oomph to a room. These incorporate the color scheme in a mix of solids and patterns.

smart storage—while sticking to a strict budget.

Sandy knows the easiest way to add style to a room is with paint. The carefree setting inspired a lively, nature-inspired color scheme. Yellowy orange mimics sunsets on Lake Michigan in the living room, while red cabinets stand out from the kitchen's sky blue wall. "When the sun sets in the summer, the living room just glows," Sandy says. Upstairs, she chose cool greens and blues to reflect the sky and treetops seen through the windows.

A big fan of repurposing old items, Sandy searched out scratch-and-dent appliances, a recycled sink, an antique cupboard, and salvaged

(and repainted) wall cabinetry to cut costs in the kitchen. Easy-to-clean slipcovers, playful fabric skirting, colorful dishware and affordable artwork give the space its unfussy cottage charm. Sandy also used affordable storage bins and well-placed shelving and hooks to keep the family organized.

Sometimes her money-saving, do-it-yourself ideas intrigue strangers. When building the outdoor shower, "All the parts were from the plumbing aisle at Lowe's, and we put it together like a jigsaw puzzle on the floor," Sandy says. "They thought we were crazy!"

**See resources, page 105.**





- **Paint** gives the cement floor and walls of the boys' basement hangout a coat of rich colors.
- Inexpensive artwork hangs from wires, and a
- futon provides sleepover space for friends.



**The outdoor shower** on one side of the house was a do-it-yourself project. It keeps beach sand and dirt from being tracked into the house and is popular with the boys' friends.

● **Stacked galvanized bins** near the mudroom offer practical storage for everything from gardening and cleaning supplies to ingredients for s'mores. Slide-in baskets add another level of organization.





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Even in the Facebook era, nothing connects neighbors like pulling up lawn chairs to enjoy a July 4 family parade and potluck. Need some inspiration to start your own event? Drop in on Decatur, Illinois', Cobb Avenue, where the party has been going strong for more than 50 years.

# ALL-AMERICAN BLOCK PARTY

Pretzel Sparklers  
and Firecracker Red  
Cupcakes with  
Coconut Filling.  
Recipes begin on  
page 90.



## ALL-AMERICAN BLOCK PARTY

On this Fourth of July, 7-year-old Andrew Peters won't just *watch* the parade. He'll be starring in it. As he fidgets on his bike and tugs at his Uncle Sam hat, his grandmother, Mary Peters, carefully hangs buckets of candy on his handlebars. Suddenly, it doesn't seem so long ago when she decorated her tiny bike as a girl preparing for a similar parade. Now living in Decatur's Cobb Avenue neighborhood, Mary and her grandchildren have quickly slipped into a tradition 52 years strong. Every Independence Day arrives with kids buzzing around red, white and blue banners hanging from front porches and flags snapping in the breeze. There's no missing the excitement. It's parade day.

Since 1958, July 4 on the red brick splash of Cobb Avenue has meant a neighborhood party and a big parade. The route—lined with vintage lampposts and century-old homes—runs only a block, and you won't see brass bands, fancy floats or even a local politician. But no one notices they're missing. Joanne Baird, now 91 years old, dreamed up the parade as a way for her kids and neighbors to celebrate America. "President Eisenhower was about to sign papers to make Alaska our 49th state," she recalls. "That first year, some of the Cobb children paraded about as Eskimos under the muggy Midwest sun." They also decorated bicycles and tricycles, dragged out Radio Flyer wagons and raced up and down the block on scooters as parents and neighbors cheered.

The formula remains much the same today on the shady avenue. Cobb kids still swathe their favorite rides in patriotic-color crepe paper. Handlebars sport sparkling streamers, while bike spokes clatter and click with noisemakers. About 50 adults, toddlers, babies, dogs and, yes, even teens strut their stuff.

It begins around 9 a.m. with hands over hearts, neighbors reciting the Pledge of Allegiance, then clamping hands over ears as John Phillips lights the fuse on his homemade cannon to start the parade with a thunderous boom. John built the miniature brass cannon in a college metallurgy class years ago. "I lived on Cobb for over 20 years and moved away," he says. "But I return every year to get the parade started with a bang." Everyone knows the blast is coming, but they jump anyway. Diane Grubb rubs her ears and shouts above the crowd's excited chatter.

**(Opposite) Scenes from the Cobb Avenue parade, held every July 4 morning. Even newcomers know to cover their ears when it's time to launch the parade with John Phillips' cannon, which he hauls back to Cobb Avenue every year.**

Since 1958, the Fourth of July has meant a parade on the red brick splash of Cobb Avenue. Kids still swathe bikes and wagons in crepe paper. Handlebars still sport sparkling streamers. Toddlers, dogs and even teens strut their stuff.







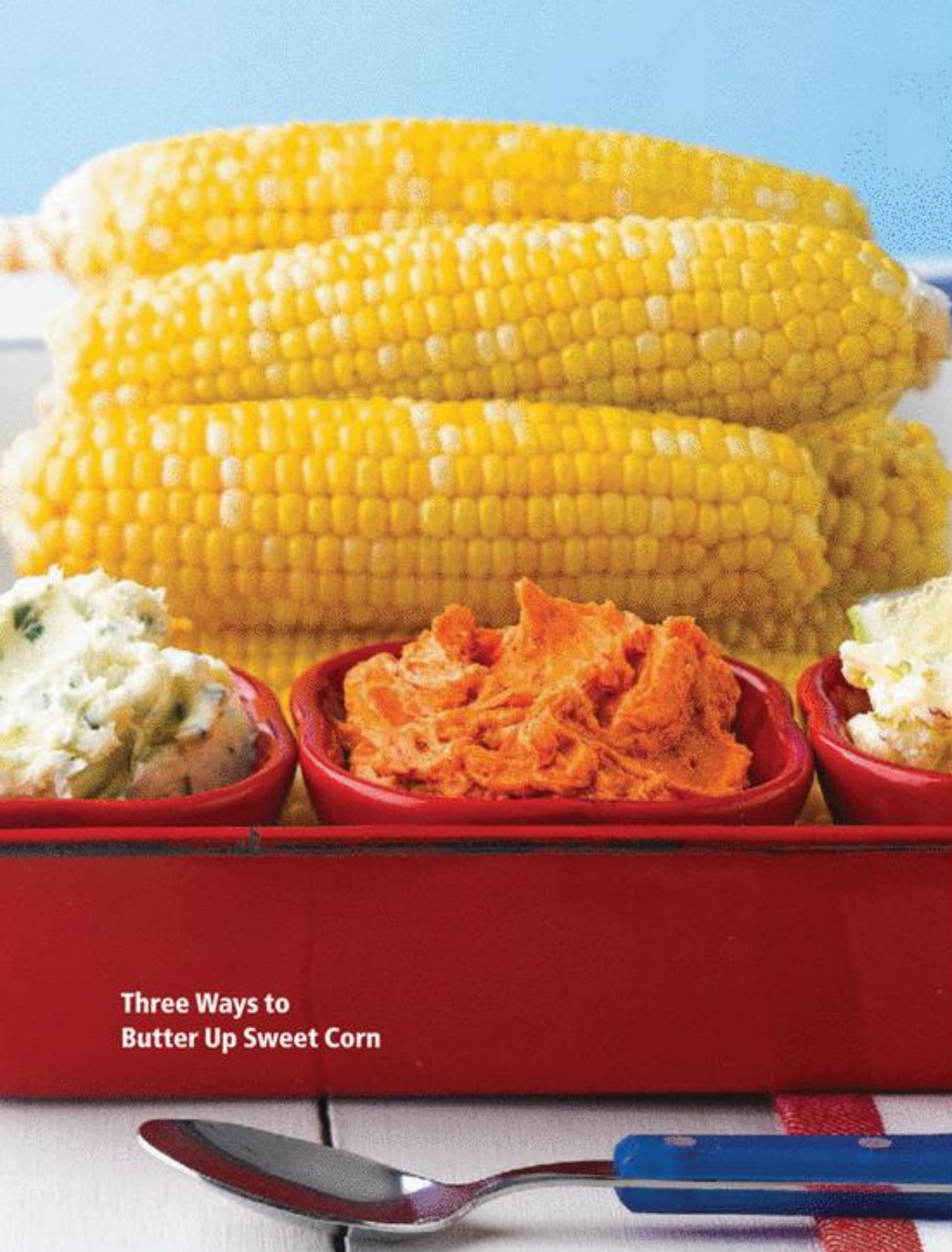


## ALL-AMERICAN BLOCK PARTY

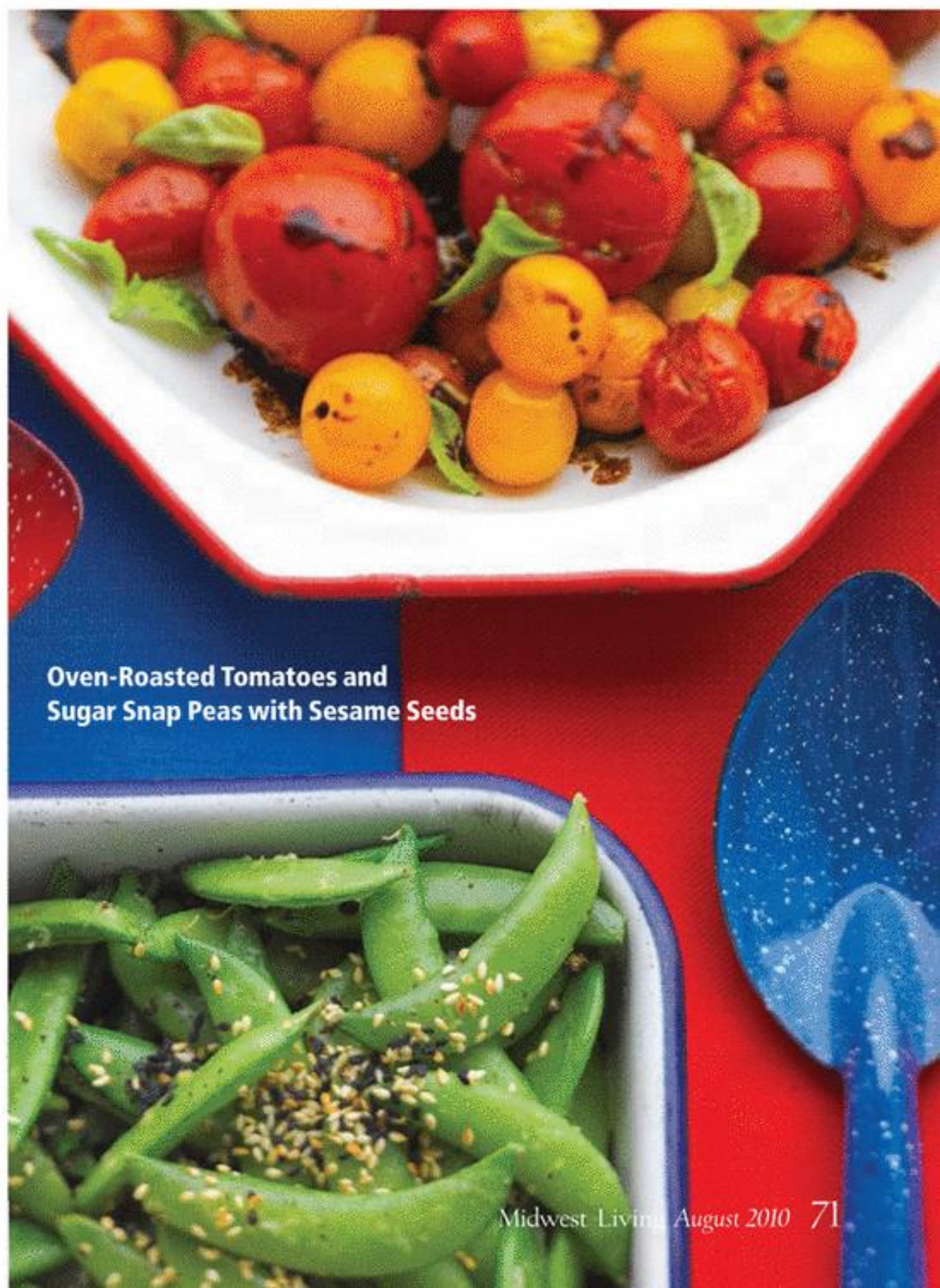
★ The route—lined with vintage lampposts and century-old homes—runs only a block, and you won't see brass bands, fancy floats or even a local politician. But no one notices they're missing.







Three Ways to  
Butter Up Sweet Corn



Oven-Roasted Tomatoes and  
Sugar Snap Peas with Sesame Seeds



## ALL-AMERICAN BLOCK PARTY

"We gather as a neighborhood to honor other holidays, too, but the Fourth of July celebration is special," she says. Long tables in Rick and Marsha Cordts' driveway are piled with homemade coffee cakes, scones and fruit salads. Red strawberries, blueberries and white cream cheese dip line up next to watermelon boats.

The Cobb community is onto something many of us seek in any number of homespun events such as block parties, community gardens and scrapbooking clubs. It's a simple sense of belonging, says Jeff Sharp, associate professor of rural sociology at The Ohio State University.

Years ago, neighbors borrowed cups of sugar and swapped news over fences. Kids shared tire swings and grew up like siblings. Sharp cites many reasons for the decline of this neighborly lifestyle, including busier lives, fewer children, transitory careers, dual-income households, safety concerns and television. Social media such as Facebook and Twitter keep us in touch, but there's no substitute for talking face-to-face. "It's important to acknowledge the importance of these neighborhood events in bringing back some of this closeness. They give us a shared history and create loyalty," Sharp says. "The buzzword today is 'social capital.' It means that there is value in these social relationships."

As the Cobb Avenue meal winds down, neighbors pass around a portable microphone. Everyone nods and claps encouragement as, one by one, people take turns reporting birthdays and graduations. Louder applause breaks out when someone announces a baby is on the way.

On the day of their first Cobb parade, Darin and Jamie Clubbs seek the parade's matriarch. The Clubbs are in the midst of updating the 1915 home that Joanne Baird occupied most of her adult life. "We found some foreign coins in a wall and have been itching with curiosity about their origins," Darin says.

Karen Baird watches the generations sharing stories and admits this day never fails to bring a lump to her throat. She and her husband, Neil (Joanne's nephew), moved to Cobb Avenue from only a few blocks away. "We were aware of the unity that makes the people along this street unique and wanted to be part of that," Karen says. "Moving here was like coming home."

Such loyalty doesn't surprise Joanne Baird a bit. "You know what they say... everyone loves a parade." ■

Recipes begin on page 90.

### TIPS FOR A GREAT BLOCK PARTY

*Neighborhood gatherings don't have to be complex. Use these tips from the Cobb Avenue folks to throw a spectacular event.*

**KEEP IT SHORT** The Cobb Avenue parade and meal generally last about two hours, but there's no hurry to leave.

**SHARE THE WORK** Cobb families take turns hosting the event, which typically means opening up their yard and driveway for tables (everyone brings a chair). The host families print invitations and ask a neighborhood child to deliver them. Everyone contributes food.

**PLAN THE FOOD** So how do you get the right mix of eats? Don't overthink it. On Cobb Avenue, even-numbered houses provide coffee cakes and odd-numbered houses bring fruit. The host family provides beverages and tableware.

**PASS ON THE TOOLS** A traveling rubber container full of decorations and planning hints gets passed to each year's host family.

**CLEAR THE STREET** Neighbors get the proper permits to close Cobb Avenue to traffic for a couple of hours. They ask everyone to move cars off the street to make for a better parade route.

The neighborhood's 52-year loyalty to the July 4 party doesn't surprise 90-year-old founder Joanne Baird a bit.

You know what they say...  
everyone loves a parade.

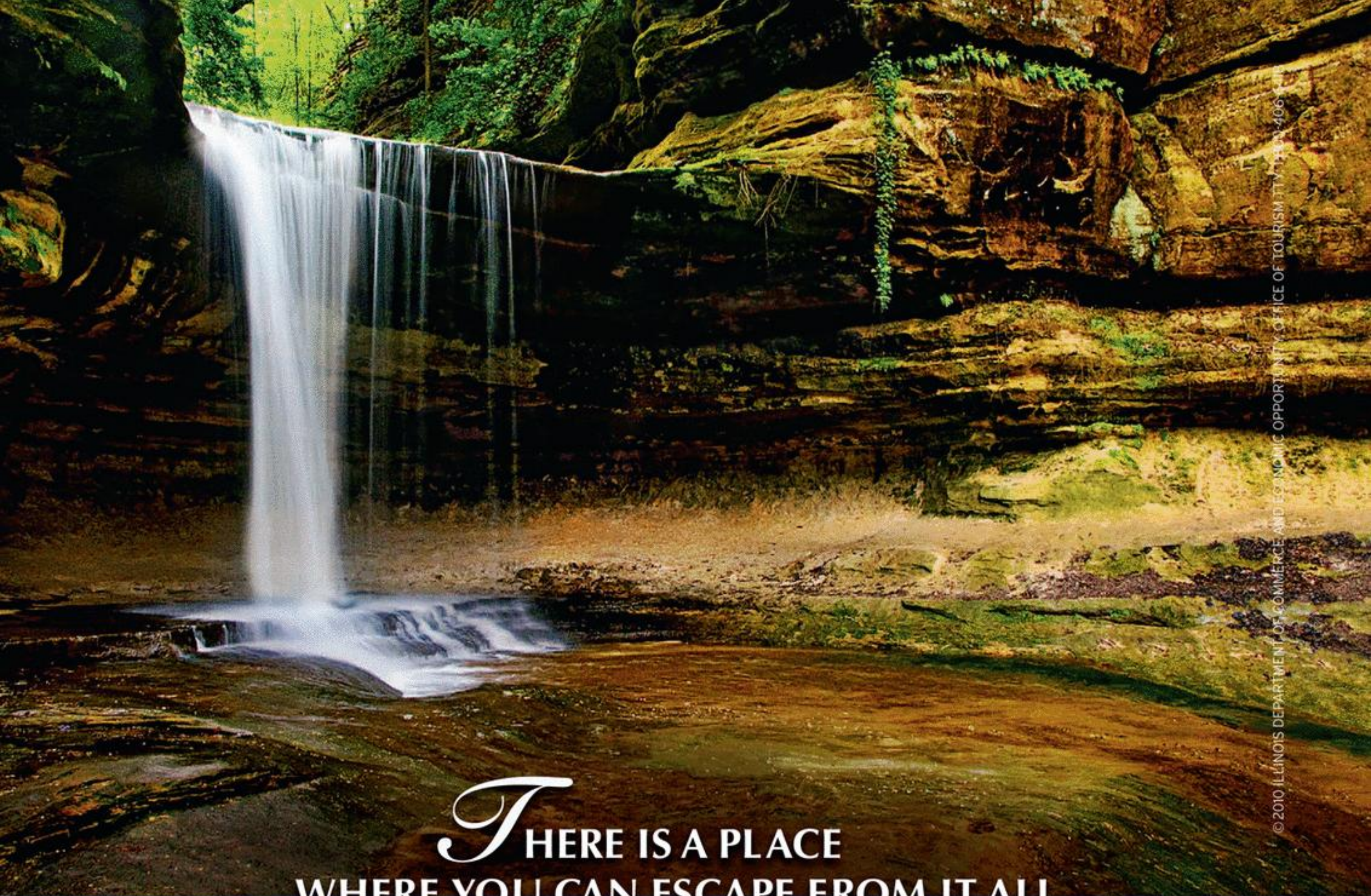


For more festive potluck recipes, visit [midwestliving.com/potluck](http://midwestliving.com/potluck).









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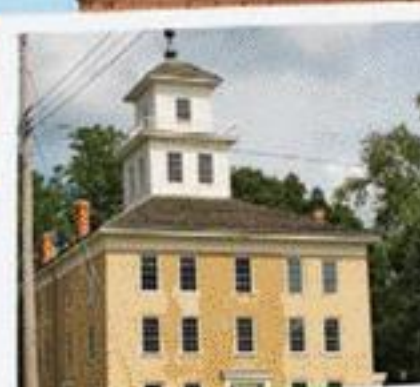
# Discoveries

A FEW OF OUR FAVORITE MIDWEST FINDS

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Art



EXPERIENCE  
History



TOUR  
Farms



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## Watertown, South Dakota EXIT 177 OFF I-29

Watertown is a pilgrimage destination for fans of Terry Redlin, but for those who've never seen the artist's gauzy landscapes, this northeast South Dakota town is a real discovery. The Redlin Art Center features original paintings as well as his early advertising work. In the historic downtown, the Goss

Opera House has a coffeehouse cafe and galleries. The Codington County Heritage Museum and the Mellette House are also worth a peek before a sunset dinner at Lunkers (800/658-4505; watertownsd.com).

## Bishop Hill, Illinois

**EXIT 32 OFF I-74 OR EXIT 19 OFF I-80** You might have this village of 116 in northwest Illinois to yourself—all the better

for imagining life here in the 1840s, when the town was founded. At the Bishop Hill Historic District's museum, you can see a jumble of relics, including folk artist Olof Krans' paintings of the town's solemn Swedish residents. The humble Colony Church houses antique furniture and Bibles. Restaurants tap the town's roots, too: The Bishop Hill Colony Bakery

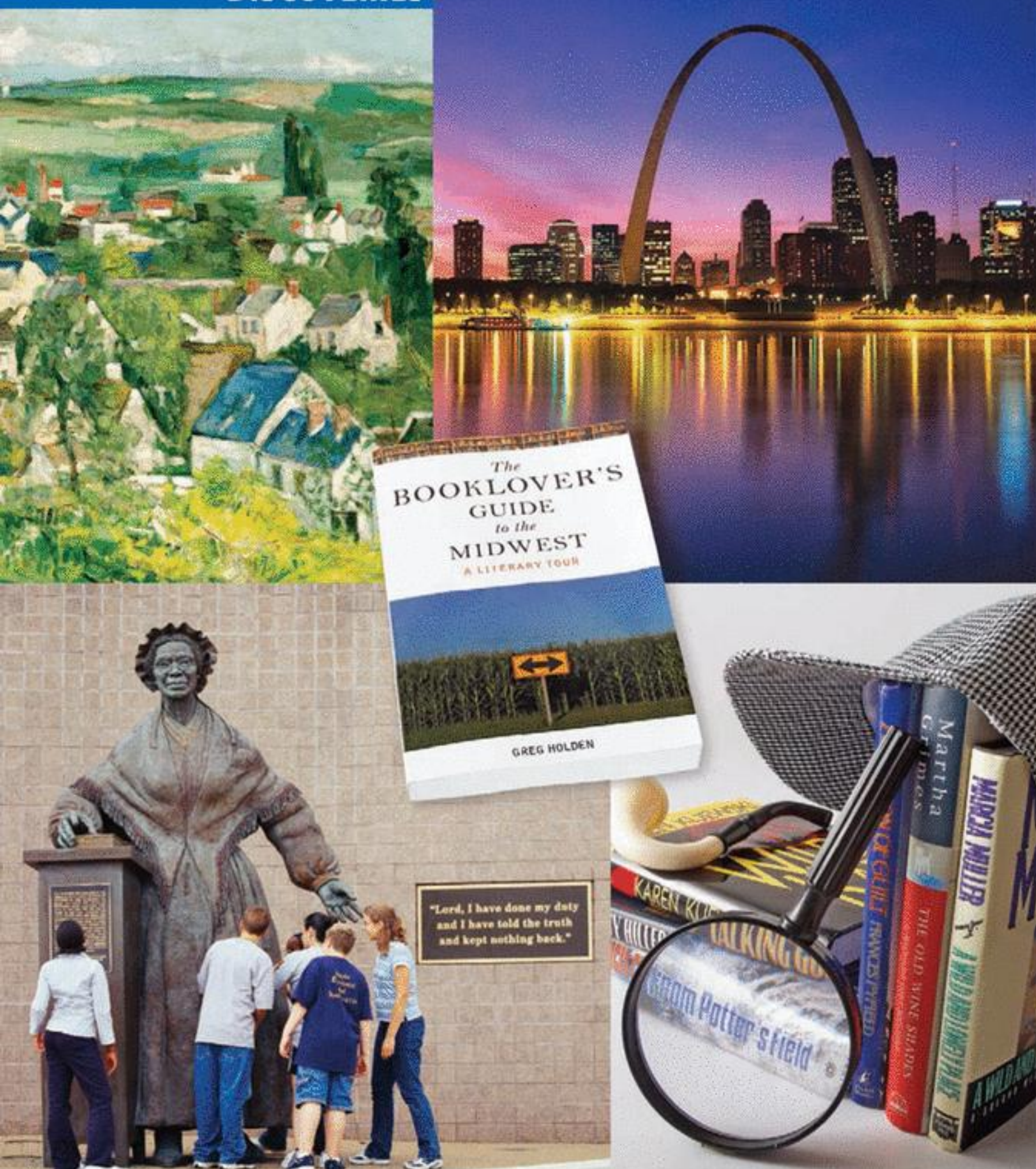
makes a sweet Olof's Ear pastry (309/927-3345; bishophill.com).

## Woodward, Iowa

**EXIT 127 OFF I-80 OR EXIT 102 OFF I-35** In central Iowa, a trio of farms—Northern Prairie Chevre, Prairieland Herbs and Picket Fence Creamery—offers visitors a quick taste of country life. At Northern Prairie Chevre, you can visit a herd of goats and buy

cheese made from their milk. Prairieland Herbs has pretty gardens and lots of aromatic bath products. Picket Fence Creamery sells butter, milk and ice cream. No fancy waffle cones; like its neighbors, this place is humble. Just sit out on the stoop with a half-pint, gazing at the cows that made it possible (888/472-6035; woodwardia.org).





## Calling all bookworms!

We recently opened *The Booklover's Guide to the Midwest* (Clerisy Press, \$14.95) for a quick skim over coffee—and kept reading until lunch. Author Greg Holden, an English major and unabashed book nerd, organizes chapters as driving tours, but it makes a great armchair read, too. We loved all the info (like the trivia below) about authors, book fairs, festivals and shops.

**1 Ernest Hemingway** regularly visited the Art Institute of Chicago to see the paintings of Paul Cézanne, who inspired his writing.

**2 Poet T.S. Eliot** was born in St. Louis. He once said, "There is something in having passed one's childhood beside the big river which is incommunicable to those who have not."

**3 There's a book store for everything!** One we've placed on our to-browse list: Aunt Agatha's New and Used Mysteries, Detection and True Crime Books in Ann Arbor, Michigan.

**4 Ex-slave and abolitionist Sojourner Truth** was so impressed by the level of tolerance in Battle Creek, Michigan, she moved there in 1857. You can see a statue of her in Monument Park and her grave in Oak Hill Cemetery.

## A root beer with roots

The Dorothy Molter Museum in Ely, Minnesota, is a mission of love—and refreshment. Dorothy moved to what is now the Boundary Waters Canoe Area Wilderness as a young nurse in 1934 and spent the rest of her life there, 12 miles and a lot of paddling from civilization. In addition to offering lodging and first aid to travelers, Dorothy brewed 11,000 bottles of root beer every year. She died in 1986, prompting friends to assemble a museum. Volunteers take visitors through relocated cabins packed with furnishings and knickknacks. You also can buy Dorothy's Isle of Pines Root Beer, made using her recipe. (A six-pack is available online for \$6.99.) Dorothy's soda is as good as any other but has a bittersweet finish that's more in your heart than on your tongue; you'll wish you could have known the "Root Beer Lady" yourself. Admission charged (218/365-4451; rootbeerlady.com).



## READER'S PICK


### LAKE SHORE CHAPEL

Instead of a museum or inn, Chris Fuller of Blue Springs, Missouri, shared something a little different: a church. The century-old, volunteer-run Lake Shore Chapel serves the vacation community in Douglas, Michigan, with nondenominational services led by guest ministers from throughout the Midwest. "The simplicity of the

chapel is what makes it so special," Chris writes. "On a typical summer morning, one can feel the spiritual side of nature as you look out the screenless windows at the leaves on all the trees, listen to the waves of nearby Lake Michigan if it's a windy day, or listen to the silence of the woods." Services held Sundays, July–August (269/857-1908). ■

**Have a Discovery of your own?** We're always looking for more ideas. Send your tales from the road to Discoveries, *Midwest Living*, 1716 Locust St., Des Moines, IA 50309-3023. Or send an e-mail to discoveries@midwestliving.com. If we publish your pick, you'll receive \$50.





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#### **Important Safety Information about ADVAIR DISKUS 250/50 for COPD:**

- ADVAIR DISKUS 250/50 is approved for adults with COPD, including chronic bronchitis, emphysema, or both. You should only take 1 inhalation of ADVAIR twice a day. Higher doses will not provide additional benefits. People with COPD taking ADVAIR may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of sputum, fever, chills, increased cough, or increased breathing problems.
- ADVAIR may increase your risk of osteoporosis and some eye problems (cataracts or glaucoma). You should have regular eye exams. Thrush in the mouth and throat may occur. Tell your doctor if you have a heart condition or high blood pressure before taking ADVAIR. Do not use ADVAIR with long-acting beta<sub>2</sub>-agonists for any reason. ADVAIR does not replace fast-acting inhalers for sudden symptoms.

\*It is not known how anti-inflammatories work in COPD. †Measured by a breathing test in people taking ADVAIR 250/50, compared with people taking either fluticasone propionate 250 mcg or salmeterol 50 mcg. Your results may vary. ‡Restrictions apply. See [advairCOPD.com](http://advairCOPD.com) for eligibility rules.

*Please see accompanying important information about ADVAIR DISKUS.*

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

If you smoke and want to quit, you can learn more at [way2quit.com](http://way2quit.com).



**ADVAIR DISKUS** 250/50  
(fluticasone propionate 250 mcg and salmeterol 50 mcg inhalation powder)



# ADVAIR DISKUS<sup>®</sup> 100/50, 250/50, 500/50 (fluticasone propionate 100, 250, 500 mcg and salmeterol 50 mcg inhalation powder)

## What is the most important information I should know about ADVAIR DISKUS?

- In patients with asthma, long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), may increase the chance of death from asthma problems. In a large asthma study, more patients who used salmeterol died from asthma problems compared with patients who did not use salmeterol. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, changes your chance of death from asthma problems seen with salmeterol. Talk with your healthcare provider about this risk and the benefits of treating your asthma with ADVAIR DISKUS.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a fast-acting inhaler (short-acting beta<sub>2</sub>-agonist medicine) with you to treat sudden symptoms. If you do not have a fast-acting inhaler, contact your healthcare provider to have one prescribed for you.
- Do not stop using ADVAIR DISKUS unless told to do so by your healthcare provider because your symptoms might get worse.
- ADVAIR DISKUS should be used only if your healthcare provider decides that another asthma-controller medicine alone does not control your asthma or that you need 2 asthma-controller medicines.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
  - breathing problems worsen quickly, and
  - you use your fast-acting inhaler, but it does not relieve your breathing problems.

## What is ADVAIR DISKUS?

- ADVAIR DISKUS contains 2 medicines:
  - fluticasone propionate (the same medicine found in FLOVENT<sup>®</sup>), an inhaled corticosteroid medicine. Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
  - salmeterol (the same medicine found in SEREVENT<sup>®</sup>), a LABA. LABA medicines are used in patients with asthma or chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.

### Asthma

ADVAIR DISKUS is used long term, twice a day, to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children ages 4 and older.

### Chronic Obstructive Pulmonary Disease (COPD)

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, twice a day, to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

## Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD
- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

## Important Safety Information About ADVAIR DISKUS

This brief summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

## What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines Norvir<sup>®</sup> (ritonavir capsules) Soft Gelatin, Norvir<sup>®</sup> (ritonavir oral solution), and Kaletra<sup>®</sup> (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

## How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. Do not use ADVAIR DISKUS more often than prescribed. ADVAIR DISKUS comes in 3 strengths. Your healthcare provider will prescribe the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation twice a day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- While you are using ADVAIR DISKUS twice a day, do not use other medicines that contain a LABA for any reason. Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not change or stop any of your medicines used to control or treat your breathing problems. Your healthcare provider will adjust your medicines as needed.
- Make sure you always have a fast-acting inhaler with you. Use your fast-acting inhaler if you have breathing problems between doses of ADVAIR DISKUS.

## Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your fast-acting inhaler more often than usual
- your fast-acting inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your fast-acting inhaler for 2 or more days in a row
- you use 1 whole canister of your fast-acting inhaler in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

## What are the possible side effects with ADVAIR DISKUS?

- See "What is the most important information I should know about ADVAIR DISKUS?"
- Patients with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
  - increase in mucus (sputum) production
  - change in mucus color
  - increased breathing problems
  - increased cough
  - fever
  - chills
- serious allergic reactions. Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction, including:
  - rash
  - swelling of the face, mouth, and tongue
  - hives
  - breathing problems
- increased blood pressure
- chest pain
- a fast and irregular heartbeat
- headache
- tremor
- nervousness
- weakened immune system and a higher chance of infections
- lower bone mineral density. This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- eye problems including glaucoma and cataracts. You should have regular eye exams while using ADVAIR DISKUS.
- slowed growth in children. A child's growth should be checked often.

## Other common side effects include:

- hoarseness and voice changes
- throat irritation
- thrush in the mouth and throat
- respiratory tract infections

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at [www.advaair.com](http://www.advaair.com).

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2. POST A PHOTO OF YOUR ENTRY (OPTIONAL)
3. TELL US BRIEFLY HOW YOUR RECIPE REFLECTS THE "BEST OF THE MIDWEST" (OPTIONAL)



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# Celebrations

YOUR CALENDAR OF MIDWEST EVENTS

JULY  
1

## Riverside fun

**Three Rivers Festival Fort Wayne, Indiana, July 9-17**—Anchor in Headwaters Park for more than 200 events: concerts, Art in the Park, a bed race, a crafters' market, children's fest, food alley, carnival rides and July 17 fireworks show. A parade steps off at 10 a.m. July 10. Admission charged to some events (260/426-5556; [trfonline.org](http://trfonline.org)).

**Mississippi River Challenge Twin Cities, July 24-25**—On this two-day, 44-mile trip, hundreds of canoeists and kayakers paddle the Mississippi through the Twin Cities to raise money for river conservation and protection. Paddlers must raise \$250 in pledges to participate (651/222-2193 ext. 19; [mississippiriverchallenge.org](http://mississippiriverchallenge.org)).

**Ottawa Riverfest Ottawa, Illinois, July 28-August 1**—Riverfest floods downtown with carnival rides, crafts and flea markets, live music and food vendors at the Taste of Ottawa and the parade (1 p.m. Sunday) (815/433-0161 ext. 31; [ottawariverfest.com](http://ottawariverfest.com)).

**Riverfest Watertown, Wisconsin, August 5-8**—Enjoy music by national and regional bands, a carnival, the Taste of Watertown featuring more than 25 restaurants, fireworks and a 350-vehicle classic-car show in Riverside Park (920/261-6320; [watertownriverfest.info](http://watertownriverfest.info)).

**River Roots Live Davenport, Iowa, August 20-21**—This Mississippi River town brings national music acts and up-and-comers to the downtown stage. Also, 10 award-winning rib vendors and other food booths line the streets at this benefit for environmental education and other nonprofits (563/322-1706; [downtowndavenport.com](http://downtowndavenport.com)).

## Dodge City Days

**Dodge City, Kansas, July 30-August 8**

—It's the 50th year for this Western shindig in Gunsmoke country. Raise a ruckus at the parade (10 a.m. July 31), Sawyer Brown concert, five nights of pro rodeo, finger-lickin' barbecue contest and classic-car show. Admission charged (620/227-3119; [www.dodgecitydays.com](http://www.dodgecitydays.com)).

## 50th Annual Knoxville Nationals

**Knoxville, Iowa, August 11-14**—At the raceway, 120 sprint cars vie on a dirt track to win a \$1 million purse. Admission charged (641/842-5431; [knoxvillraceway.com](http://knoxvillraceway.com)).

## Sweet Corn Festival

**Mendota, Illinois, August 12-15**—It's sweet when 60,000 visitors consume hot-buttered corn at Sunday's free feed. Also: a parade (1 p.m. Sunday), entertainment, rides and more (815/539-6507; [sweetcornfestival.com](http://sweetcornfestival.com)).

## 142nd Annual Fourth of July Celebration

**Seward, Nebraska, July 4**—This old-fashioned Independence Day celebration includes a 4 p.m. parade, car show, food, entertainment, crafts show and air show (402/643-4189; [sewardne.com](http://sewardne.com)).

## Laura Ingalls Wilder Pageant

**De Smet, South Dakota, July 9-11, 16-18, 23-25**—On the prairie where Pa homesteaded, this outdoor pageant re-creates scenes from Laura Ingalls Wilder's books. Before the evening performance, you can take wagon rides and enjoy preshow music. Admission charged (800/776-3594; [desmetpageant.org](http://desmetpageant.org)).

## Round Island Lighthouse Annual Tour

**Round Island, Michigan, July 10**—Catch a boat from Mackinac Island to Round Island to tour the much-photographed red and white lighthouse built in 1895 in the Straits of Mackinac. Visitors can tour the grounds, oil house and the lighthouse itself, climbing the ladder to the tower. Bad weather or waves cancel this event (219/878-3481; [roundislandlightmichigan.com](http://roundislandlightmichigan.com)).

## 50th Annual House and Garden Walk

**Door County, Wisconsin, July 27**—Five residents throughout Door County open their homes and gardens. Stroll through luxurious homes, blooming yards and natural landscapes during this benefit for the Door County Memorial Hospital Foundation. Admission charged (920/746-1071; [doorcounty.com](http://doorcounty.com)).

If you plan to attend an event, call first: Dates may change. If you have an event for our calendar, send it to **Celebrations, Midwest Living**®, 1716 Locust St., Des Moines, IA 50309-3023 or to [midwestliving@meredith.com](mailto:midwestliving@meredith.com). We must receive items at least seven months before the event date. (Space is limited. Not every event can be included, and items will be edited.) Many events include live entertainment, food vendors and crafts booths, so we do not always specify.

PHOTOGRAPHS: (CLOCKWISE, FROM TOP) BOB STEFKO; KEVIN MIYAZAKI; JOHN NOLTNER

31  
AUGUST



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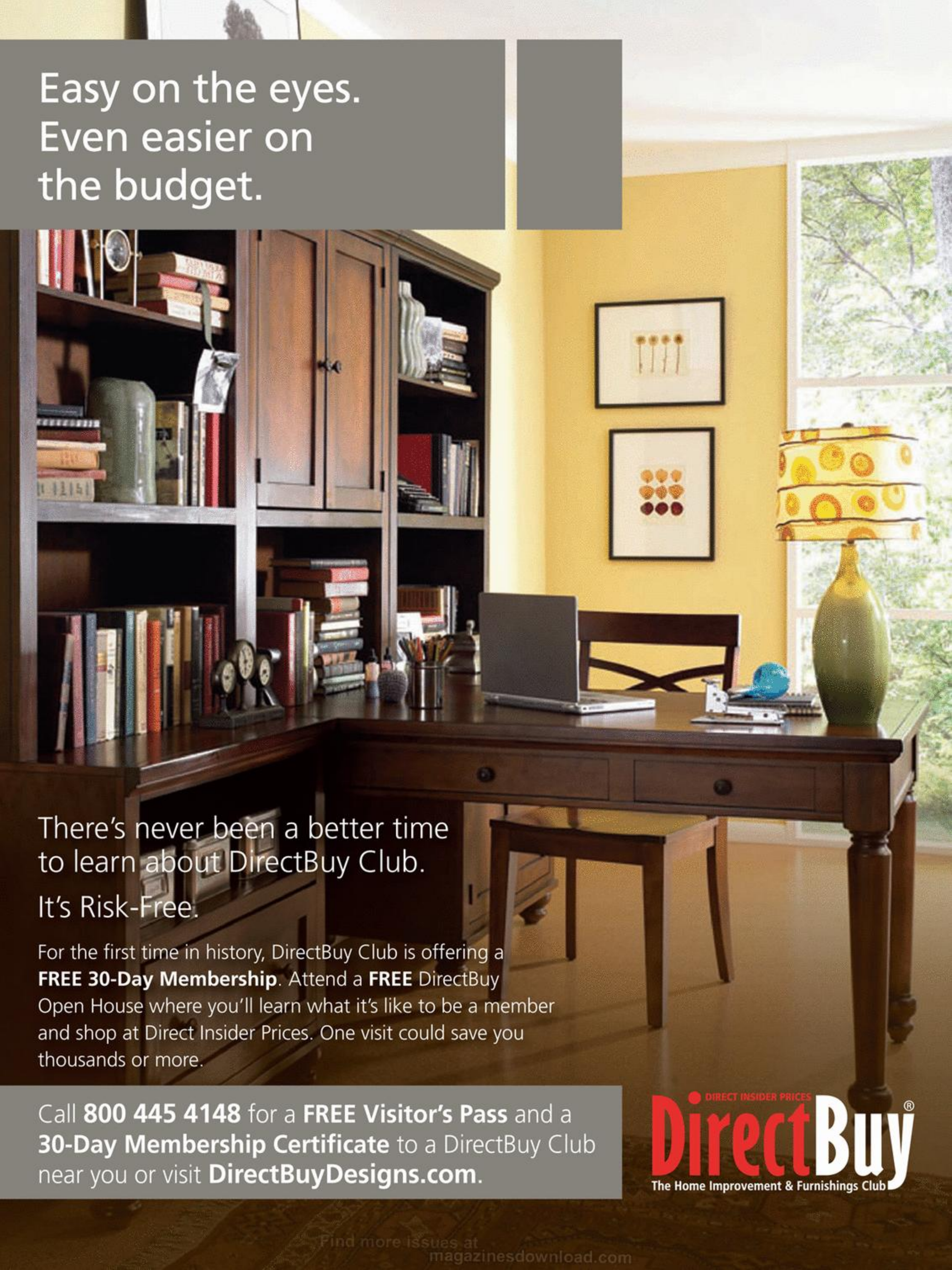
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## CELEBRATIONS

### Illinois

#### Village of Pocahontas Quartoseptcentennial and Pocahontas-Old Ripley Fire Department Sesquicentennial Pocahontas, July 9-11

The village and fire department team up in Gretchen Wilson Park to mark their respective milestones with Civil War reenactments, a parade (5:30 p.m. Saturday) and fireworks (618/541-8711; pokey2010.com).

#### Decatur Celebration Decatur, August 6-8

Check out show stages, food stands, crafts vendors and parade (10 a.m. Saturday) downtown (217/423-4222; decaturcelebration.com).

**Evanston Lakeshore Arts Festival Evanston, August 7-8**—The lineup at Dawes Park on Lake Michigan includes 125 artists, live music and food (847/448-8260; cityofevanston.org/lakeshore).

**Highland Street Art Festival Highland, August 7-8**—Fifty street painters color the streets around the square with their masterpieces (618/654-3721; highlandillinois.com).

**Old Capitol Blues and BBQs Springfield, August 28**—Tempt your taste buds with 40-plus barbecue competitors and vendors and blues bands. Admission charged (217/544-1723; downtownspringfield.org).

### Indiana

**Bristol Homecoming Bristol, July 8-10**—This fest, which dates to 1883, carries on with live music, a parade (2 p.m. Saturday), queen contest, vintage auto show and Saturday's fireworks finale (574/848-9033; bristolhomecoming.com).

#### Elwood Glass Festival Elwood, August 20-22

Tour the town's two art glass factories and shop for glass works, crafts and flea market items and food in Callaway Park (765/552-0180; glassfestival.elwood.org).

**Sellersburg Celebrates! Sellersburg, August 26-28**—Crafts and food booths, free music acts and a hot-air balloon glow fill the township park. Watch the parade (10 a.m. Saturday) (812/246-4962; sellersburgcelebrates.com).

### Iowa

**4th of July Open-Air Antique Show Solon, July 4**—Shuttle buses take you between two big shows. In Solon, 70 antiques dealers set up at the recreational park. At Hanson's Grove north of Solon, another 70 dealers fill the acreage with their antiques. Parking fee (319/624-2710).

**College Hill Arts Festival Cedar Falls, July 16-17**—Jazz, big band and salsa groups entertain while visitors shop for works that 75 juried artists sell on the campus of the University of Northern Iowa (800/845-1955; www.chaf.cfu.net).

**Old Iron Days Dysart, July 30-31**—They're packin' iron at the tractor cruise, tractor rodeo, vintage equipment display and classic-car show. Line up for the Lions Club's giant tenderloin sandwiches (319/269-5762; dysartiowa.com).

### Kansas

**Wild West Festival Hays, July 1-4**—Folks go wild at concerts (John Michael Montgomery, LoCash Cowboys and the Marshall Tucker Band), a parade (10 a.m. Saturday), 5K run and the fireworks at Hays Municipal Park. Admission charged (785/623-4476; wildwestfestival.com).

**Old Settlers Festival Halstead, August 13-15**—This 123rd annual shindig offers stage entertainment and a beer garden at Riverside Park, a car and truck show at Scout Park, a parade (10 a.m. Saturday) and fireworks. Admission charged (316/835-2606; discoverhalstead.com).

### Michigan

**Marine City Arts and Music Festival Marine City, July 8-11**—Freighters steam past as music plays in parks along the St. Clair River. Live bands entertain while visitors take in the quilts and fine arts exhibits. Admission charged to quilt show (810/794-7331; marinecitymusicfestival.com).

**Jackson County Summer 2010 Garden Tour Jackson, July 24**—Admission is charged to this tour of six area gardens (517/629-7225; jacksonmastergardener.blogspot.com).

**Earl Young Home Tour Charlevoix, July 28**—Don't miss this rare opportunity to view the interior of eight famous stone houses designed and built by the late Earl Young, a Charlevoix

resident and self-taught architect. Admission charged (231/547-0373; chxhistory.com).

**Bay Port Fish Sandwich Festival Bay Port, August 6-7**—Mullet filet sandwiches, fried in a secret recipe batter, lure thousands to the Lake Huron shore (989/551-9929).

**Great Lakes Folk Festival East Lansing, August 13-15**—Spanning a half-mile of downtown, this fusion of music, dance, arts and culture features four performance stages, ethnic foods and a folk arts marketplace (517/432-4655; greatlakesfolkfest.net).

### Minnesota

**Wilder Pageant Walnut Grove, July 9-10, 16-17, 23-24**—Presented on the banks of Plum

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## CELEBRATIONS

Creek, this drama tells the story of Laura Ingalls Wilder's life in the 1870s. Admission charged (888/859-3102; walnutgrove.org).

**Hoyt Lakes Water Carnival Hoyt Lakes, July 22-25**—This big splash features water ski shows on Colby Lake, live bands, Saturday fireworks, a 5K race, softball and golf tournaments and a parade (noon Saturday). Admission charged (218/225-2654; hoytlakescarnival.com).

**10th Annual Boundary Waters Blues Festival Grand Rapids, July 29–August 1**—Fourteen acts perform starting Thursday with the party downtown on the Mississippi River and moving to Itasca County Fairgrounds. Admission charged (218/365-2440; rangeblues.com).

**20th Annual Little Log House Antique Power Show Hastings, July 23–25**—When this pioneer village opens to the public, up to 10,000 visitors flock in for the tractor pulls, flea market and Old West reenactments. Admission charged (651/437-2693; littleloghouseshow.com).

## Missouri

**30th Annual O'Fallon's Heritage and Freedom Fest O'Fallon, July 3–4**—Salute our nation's birthday with free festivities at Ozzie Smith Sports Complex: national music acts, a parade (9:30 a.m. July 3) and fireworks (636/379-5614; heritageandfreedomfest.com).

**Shakespeare in the Park Jefferson City, July 7–10**—Bring your lawn chair or blanket for free nightly performances of *The Tempest* in Memorial Park (573/681-9012; capitalcityplayers.com).

**Blazin' the Trail Day Lexington to Waverly, August 14**—Blaze the Santa Fe Trail (US-24) for 20 miles of garage and antiques sales, flea markets, vegetable stands and more (660/259-4677; visitlexingtonmo.com).

## Nebraska

**July Fourth Celebration and Rodeo Crawford, July 2–4**—Cowboy up for three nights of rodeoing. After the July 4 downtown parade (10 a.m.), unsaddle in City Park for live music, food and fireworks. Admission charged to rodeo (866/665-1817; crawfordnebraska.biz).

**Chadron Quasquicentennial and Fur Trade Days Chadron, July 6–11**—A longhorn cattle drive, buffalo barbecue, buckskinners camp, parade (10 a.m. Saturday), rodeo and historic exhibits highlight this fest. Admission charged to some events (308/532-5545; chadron.com).

## North Dakota

**Ukrainian Festival Dickinson, July 23–25**—At Dickinson State University, Ukrainian musicians and dancers perform while visitors enjoy ethnic fare, historic tours and a gift shop selling Ukrainian items. Admission charged (701/483-1486; ukrainianculturalinstitute.org).

**Taylor Horse Fest Taylor, July 30–August 1**—Four-legged horsepower takes over during the parade of horses (10 a.m. Saturday); horse around at the crafts and food vendors. Admission charged (701/974-4210; taylorhorsefest.com).

## Ohio

**Darke County Steam Threshers 54th Annual Reunion Greenville, June 30–July 3**—Full steam ahead to the threshing, plowing and sawmill demonstrations, parades of old-time equipment, flea market and live music. Admission charged (419/549-0750; darkecountysteam.com).

**MidFirst Ohio Challenge Hot-Air Balloon Festival Middletown, July 16–18**—Keep your eyes to the sky at Smith Park for the hot-air

balloon competitions and professional skydiving demonstrations. Entertainment includes music and a classic-car show. Parking fee (513/705-1770; midfirstohiochallenge.com).

**40th Annual Antique, Vintage and Craft Show Westlake, July 18**—More than 50 antiques and crafts dealers set up on the grounds of the Clague House Museum. Proceeds benefit Westlake Historical Society. Admission charged (440/471-4090; westlakeohiohistory.org).

**25th Annual Cambridge Classic Cruise-In Cambridge, August 14**—It's gridlock in the downtown historic district when nearly 300 antique and classic cars and trucks overtake the streets for this judged show (740/439-2238; downtowncambridge.com).

**Levis Commons Fine Art Fair Perrysburg, August 21–22**—Browse and buy the creations that 120 juried artists sell at the open-air Town Center at Levis Commons (734/662-3382; theguild.org).

## South Dakota

**Hot Summer Nites Sioux Falls, July 14**—Hot Harleys, cool Corvettes and classic rock 'n' roll fill the downtown streets. The thundering parade parks along 10 blocks of Phillips and Main avenues, where visitors can enjoy food, drink and live music (605/338-4009; dtsf.com).

**Days of '76 Deadwood, July 27–31**—This Black Hills town commemorates the discovery of gold here and the gold rush in 1876 with pro rodeo performances and two parades (1:30 p.m. Friday and 10 a.m. Saturday). Admission charged to some events (800/999-1876; deadwood.org).

## Wisconsin

**Gathering on the Green Mequon, July 8–10**—This performing arts showcase in Mequon Rotary Park stars the Tierney Sutton Band at Thursday night's Jazz on the Green, and the Milwaukee Ballet and Trinity Irish Dancers on Saturday night. Admission charged (262/242-6187; gatheringonthegreen.org).

**35th Annual Lake Country Art Festival Delafield, July 10**—Browse and buy works from 150 juried exhibitors at Naga-Waukee Park (262/492-8901; lakecountrywomensclub.org/artfestival2010).

**Great River Jazz Fest La Crosse, August 5–7**—This river city gets jazzed up for this 25th annual fest with performances by 11 jazz bands at the La Crosse Center and in a tent at Riverside Park alongside the Mississippi. Admission charged (608/791-1190; lacrossejazz.com).

**Burger Fest Seymour, August 7**—The town where Charles Nagreen is said to have flipped the first burger in 1885 sizzles with the "World's Largest Hamburger Parade" (11 a.m.), a hamburger eating contest, a ketchup-covered slide and the serving of a 120-pound burger. Admission charged to fest grounds (920/833-6688; homeofthehamburger.org).

**Ladies of the Lakes Quilt Show Minocqua, August 7–8**—A patchwork of nearly 200 quilts cloaks the Lakeland Union High School gym at this quilt guild show, which is held once every three years. Admission charged (715/892-0229; theladiesofthelakes.com).

**Presque Isle Fine Art Show Presque Isle, August 15**—Shop for fine arts and crafts that 65 artists sell in the community building and around the park. Pianists and violinists serenade visitors; some exhibitors demonstrate their skills (715/686-7946; presqueislewi.org). ■

Written by Debbie Leckron Miller



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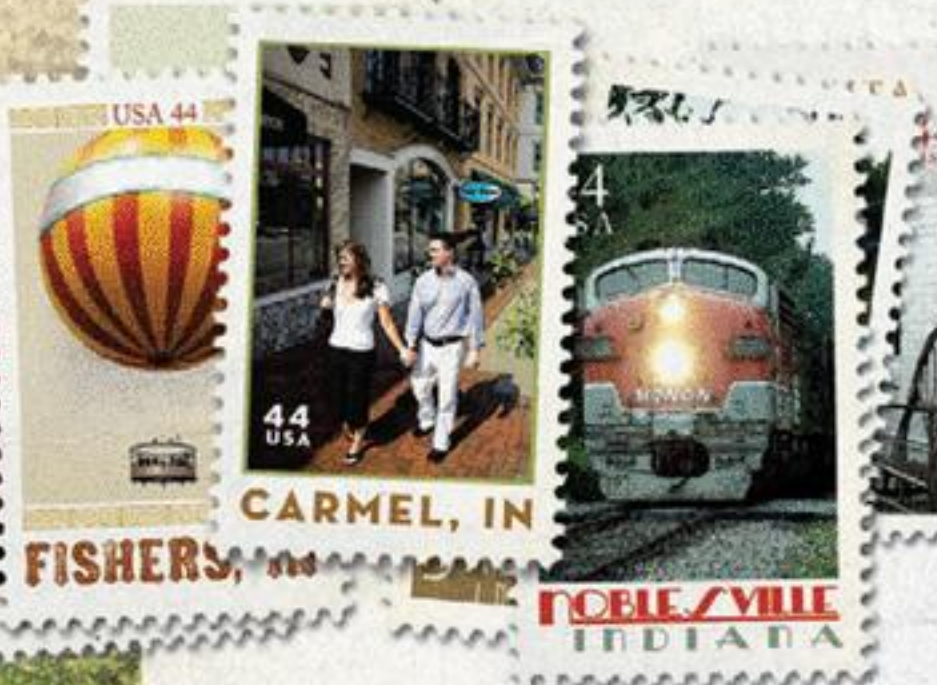
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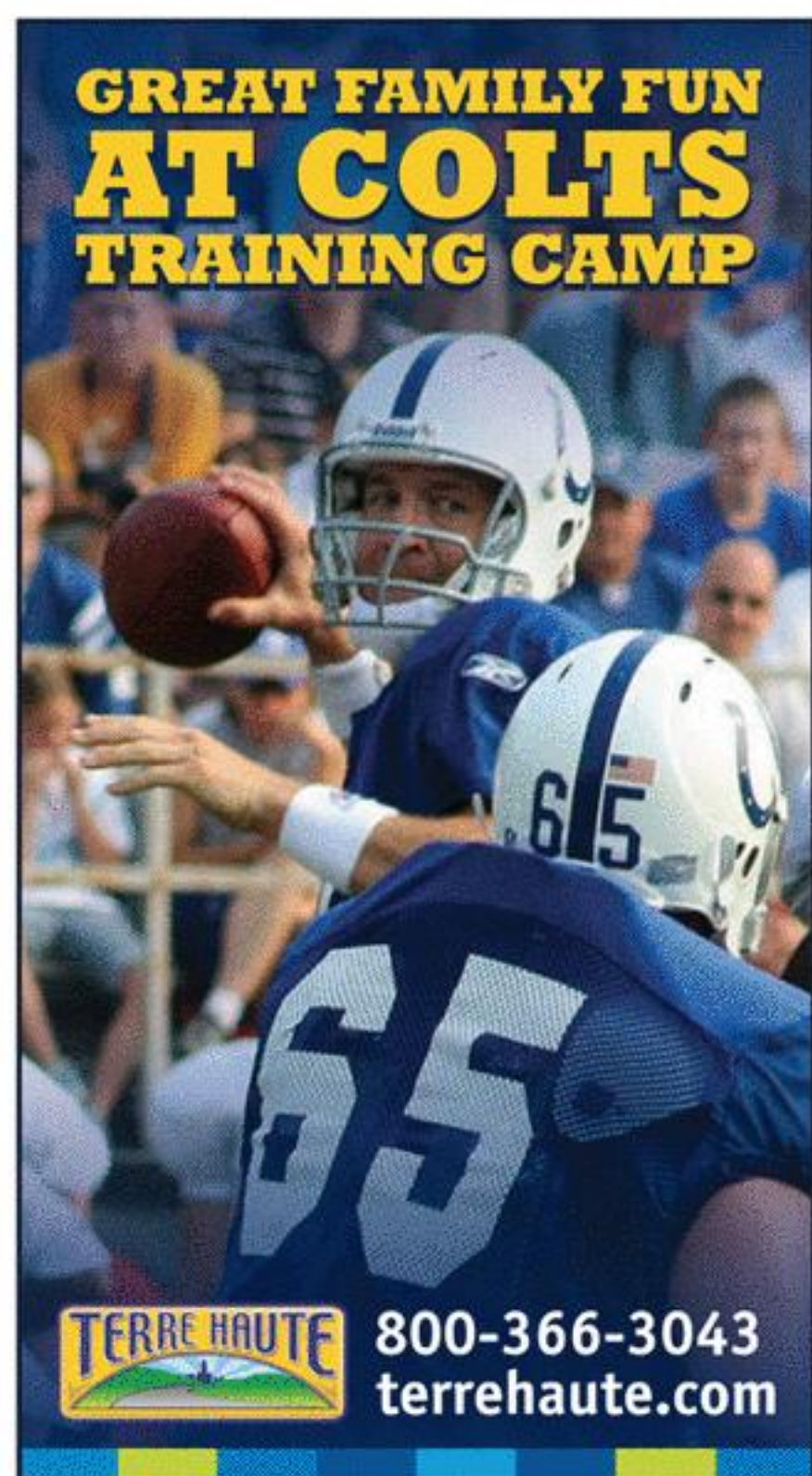


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See main article, page 46

## Trip guide

### SOUTHEAST MICHIGAN PIONEER WINE TRAIL

For information, contact Pure Michigan (888/784-7328; michigan.org).

#### What to do

**Southeast Michigan Pioneer Wine Trail** (pioneerwinetrail.com). **Purple Rose Theatre** (734/433-7673; purplerosetheatre.org).

#### Where to eat

**Evans Street Station** (517/424-5555; evansstreetstation.com). **ZouZou's** (734/433-4226; zouzouscafe.com).

#### Where to stay

**Brickhouse of Somerset Bed and Breakfast** From \$90 (517/547-5885; brickhousebb.com).

### GREAT RIVER ROAD

For information, visit wigreatriverroad.org or contact Travel Wisconsin (800/432-8747; travelwisconsin.com).

#### What to do

**Abode Store and Gallery** (715/442-2266; abodegallery.com). **Buena Vista Park** (608/685-4442; almawisconsin.com). **Perrot State Park** (608/534-6409; wiparks.net).

#### Where to eat

**Kate and Gracie's** (608/685-4505; kateandgracies.com). **Third Street Deli** (715/495-2982).

#### Where to stay

**Hawks View Cottages and Lodges** From \$175 (866/293-0803; hawksvue.net).

### SANTA CLAUS

For information, contact the Spencer County Visitors Bureau (888/444-9252; legendaryplaces.org).

#### What to do

**Cave Country Canoes** (812/365-2705; cavecountrycanoes.com). **Holiday World Theme Park and Splashin' Safari** (877/463-2645; holidayworld.com). **Lincoln Boyhood National Memorial** (812/937-4541; nps.gov/libo). **Marengo Cave** (888/702-2837). **Santa Claus Museum** (812/937-2687; santaclausmuseum.org).

#### Where to eat

**Overlook** (812/739-4264; theoverlook.com). **Santa's Candy Castle** (812/544-3900; santascandycastle.com). **Silent Night Cafe** (812/937-9066; silentnightcafe.com).

#### Where to stay

**Lake Rudolph Campground and RV Resort** RV rentals from \$125 (877/478-3657; lakerudolph.com). **Leavenworth Inn** From \$109 (888/739-2120; leavenworthinn.com).

### AMISH COUNTRY

For information, contact the Elkhart County Convention and Visitors Bureau (800/262-8161; amishcountry.org).

#### What to do

**Accents Framing and Gifts** (574/534-5698; artcanthurt.com). **Better World Books** (574/534-1984; betterworldbooks.com). **Cinnamon Stick** (574/825-7725; mycinnamonstick.com). **Little Helpers Quilt Shop** (260/768-4278). **Midwest Museum of American Art** (574/293-6660; midwestmuseum.us).

**Shipshewana Auction and Flea Market** (260/768-4120; tradingplaceamerica.com).

#### Where to eat

**Das Dutchman Essenhaus** (574/825-9471; essenhaus.com). **Kelly Jae's Cafe** (574/537-1027; kellyjaescafe.com).

#### Where to stay

**The Homespun Country Inn Bed and Breakfast** Rooms from \$89 (800/311-2996; homespuninn.com).

### FLINT HILLS

For information, contact the Flint Hills Tourism Coalition (866/660-2622; kansasflinthills.travel).

#### What to do

**Emma Chase Cafe** (620/273-6020; emmachasecafe.com). **Tallgrass Prairie National Preserve** (620/273-8494; nps.gov/tapr).

#### Where to eat

**Grand Central Hotel and Grill** (800/951-6763; grandcentralhotel.com). **Hays House** (620/767-5911; hayshouse.com).

#### Where to stay

**Grand Central Hotel** From \$160 (800/951-6763; grandcentralhotel.com).

### BARDSTOWN

For information, contact the Bardstown-Nelson County Tourist and Convention Commission (800/638-4877; visitbardstown.com).

#### What to do

**Chapeze House** Home of the Kentucky Bourbon Cooking School (800/704-4917; kentuckyshomeforbourbon.com). **Kentucky Bourbon Trail** (502/875-9351; kybourbontrail.com). **My Old Kentucky Home State Park** Come to see *Stephen Foster: The Musical* (502/348-3502; parks.ky.gov). **Oscar Getz Museum of Whiskey History** (502/348-2999; whiskeymuseum.com).

#### Where to eat

**Kurtz Restaurant** (502/348-8964; bardstownparkview.com). **Xavier's Restaurant** (502/349-9464).

#### Where to stay

**Rosemark Haven Bed and Breakfast** From \$109 (502/348-8218; rosemarkhaven.com). ■

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BONIVA is a prescription medication to treat and prevent postmenopausal osteoporosis.

**Ask your doctor if BONIVA is right for you.**



*"Eat plenty of calcium-rich foods  
like yogurt, spinach, and cheese."*

**Important Safety Information:** You should not take BONIVA if you have certain problems with your esophagus (the tube that connects your mouth and stomach), low blood calcium, cannot sit or stand for at least 60 minutes, have severe kidney disease, or are allergic to BONIVA. Stop taking BONIVA and tell your doctor right away if you experience difficult or painful swallowing, chest pain, or severe or continuing heartburn, as these may be signs of serious upper digestive problems. Follow the dosing instructions for once-monthly BONIVA carefully to lower the chance of these events occurring. Side effects may include diarrhea, pain in the arms or legs, or upset stomach. Tell your doctor and dentist about all the medicines you take. Tell them if you develop jaw problems (especially following a dental procedure) or severe bone, joint, and/or muscle pain. Your doctor may also recommend a calcium and vitamin D supplement.

You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

\*Bone density measured at the lumbar spine after 1 year of treatment. Individual results may vary.

<sup>†</sup>Bone density measured at the lumbar spine, total hip, or trochanter; 3 out of 4 at the femoral neck.

**Please read Patient Information on the next page.**

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# IMPORTANT FACTS ABOUT BONIVA

(bon-EE-va) ibandronate sodium 150-mg tablet

## What is BONIVA?

BONIVA, a bisphosphonate, is a prescription medicine used to treat and prevent osteoporosis in postmenopausal women, characterized by weakening of the bone.

Taken once a month in tablet form, BONIVA may stop and reverse bone loss in most women. It has been clinically proven to help build and maintain bone density, which can help reduce fractures.

## What is the most important information about BONIVA?

BONIVA may cause serious problems in the stomach and the esophagus (the tube that connects your mouth and stomach) such as trouble swallowing, heartburn, and ulcers.

## Who should not take BONIVA?

### Do not take BONIVA if you:

- have abnormalities with your esophagus, such as restriction or difficulty swallowing
  - have low blood calcium (hypocalcemia)
  - cannot sit or stand for at least 60 minutes
  - have kidneys that work very poorly
  - are allergic to BONIVA or any of its ingredients
- See Patient Information for complete list.

## Before you start BONIVA.

### Tell your health care provider if you:

- are pregnant or plan to become pregnant
- are breast-feeding
- have trouble swallowing or other problems with your esophagus
- have kidney problems
- are planning a dental procedure such as tooth extraction

Tell your health care provider and dentist about all medications you're taking, including vitamins, antacids, and supplements.

## How should you take BONIVA?

### You must take BONIVA exactly as instructed by your health care provider.

- Take first thing in the morning, on the same day each month.
- Swallow whole (do not chew or suck) with a full glass (6 to 8 oz) of plain water (not sparkling or mineral). Do not take with tea, coffee, juice, or milk.
- After you take BONIVA, remain standing or sitting for at least 60 minutes before you eat, drink, lie down, or take any other oral medications, including calcium, vitamins, and antacids. Some medicines can stop BONIVA from getting to your bones.
- If you take too much BONIVA, drink a full glass of milk and call your local poison control center or emergency room right away. Do not make yourself vomit. Do not lie down.
- If you miss a monthly dose and your next scheduled BONIVA day is more than 7 days away, take one BONIVA 150 mg tablet in the morning following the day that you remember. Do not take two 150 mg tablets within the same week. If your scheduled BONIVA day is only 1 to 7 days away, wait until your next scheduled BONIVA day to take your tablet. Then return to taking one BONIVA 150 mg tablet every month in the morning of your chosen day, according to your original schedule. If you are not sure what to do if you miss a dose, contact your health care provider, who will be able to advise you.

## What are the possible side effects of BONIVA?

**Stop taking BONIVA and call your health care provider right away if you have pain or trouble swallowing, chest pain, or very bad heartburn or heartburn that does not get better. Follow dosing instructions carefully to decrease the risk of these effects.**

### BONIVA may cause:

- Pain or trouble swallowing
- Heartburn
- Ulcers in stomach or esophagus

### Common side effects are:

- Diarrhea
- Pain in extremities (arms or legs)
- Upset stomach

### Less common side effects are:

- Short-term, mild flu-like symptoms, which usually improve after the first dose

Rarely, patients have reported allergic and skin reactions. Contact your health care provider if you develop any symptoms of an allergic reaction including skin rash (with or without blisters), hives, wheezing, or swelling of the face, lips, tongue, or throat. Get medical help right away if you have trouble breathing, swallowing, or feel light-headed.

Rarely, patients have reported severe bone, joint, and/or muscle pain starting within one day to several months after beginning to take oral bisphosphonate drugs. Contact your health care provider if you develop these symptoms after starting BONIVA.

Rarely, patients have reported serious jaw problems associated with delayed healing and infection, often following dental procedures such as tooth extraction. If you experience jaw problems, contact your health care provider and dentist.

This summary is not a complete list of side effects. For a complete list, consult your health care provider or pharmacist.

## Want to know more?

This summary is not everything you need to know about BONIVA. It does not take the place of talking with your health care provider about your condition or treatment. For more complete information, talk to your health care provider or pharmacist.

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See main article, page 67

## Tiny Chocolate-Cherry Bombs

Cherry stems form the "fuse" on these brownie-covered maraschino cherries.

Prep: 30 minutes. Bake: 18 minutes/batch.  
Stand: 10 minutes/batch

- 2 10-ounce jars maraschino cherries with stems
- 1¼ cups all-purpose flour
- 1 cup granulated sugar
- ½ cup unsweetened cocoa powder
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ⅔ cup milk
- ⅓ cup butter, melted and cooled, or canola oil
- 2 tablespoons kirsch, cherry-flavored brandy, brandy, cherry juice or milk
- 1½ teaspoons vanilla
- 1 egg
- 1 cup powdered sugar

1. Line 1¾-inch muffin cups with silver or red foil bake cups. Drain cherries, reserving 2 tablespoons juice; set aside.
  2. In a large mixing bowl, combine flour, granulated sugar, cocoa powder, baking soda, baking powder and salt. Add milk, butter, kirsch and vanilla. Beat with an electric mixer on low speed just until combined. Beat on medium speed for 2 minutes. Add egg and beat 2 minutes more.
  3. Spoon 1 tablespoon of the batter into each muffin cup. Push a cherry into batter of each cup, keeping stem end up.
  4. Bake in a 350° oven 18 to 20 minutes or until cake springs back when lightly touched. Cool cupcakes in pans on wire racks for 10 minutes. Remove cupcakes from pans; cool completely on wire racks.
  5. For icing: In a medium bowl, mix powdered sugar and 1 tablespoon reserved cherry juice. Add additional juice, 1 teaspoon at a time, until it's a drizzling consistency. Drizzle over cupcakes; let set before serving. **Makes about 55 tiny cakes.**
- Note:** If necessary, refrigerate batter while first batch bakes. If you run out of cherries, just add an extra tablespoon of batter to each muffin cup for plain chocolate bombs.

**Nutrition facts per bomb:** 66 cal, 1 g fat, 7 mg chol, 36 mg sodium, 13 g carbo, 1 g fiber, 1 g pro.

## Firecracker-Red Cupcakes with Coconut Filling

Starting with red velvet cake mix makes this moist and gooey dessert extra easy to prepare.  
Prep: 1 hour. Bake: 20 minutes. Cool: 5 minutes.  
Chill: 1 hour

- 1 8-ounce package cream cheese, softened
- ⅓ cup sugar
- 1 egg
- 1 teaspoon vanilla
- ½ teaspoon coconut extract (optional)
- ⅛ teaspoon salt
- 1½ cups flaked coconut
- 1 package 2-layer-size red velvet cake mix
- Vanilla Frosting (recipe follows)

1. For filling: In a large mixing bowl, beat cream cheese and sugar with electric mixer until light and fluffy. Beat in egg, vanilla, coconut extract (if you like) and salt. Stir in coconut. Cover and chill in the refrigerator for at least 1 hour or until stiff.
  2. Line about thirty 2½-inch muffin cups with paper bake cups (use paper bake cups with July 4th theme, if you like); set aside.
  3. Prepare cake mix according to package directions for cupcakes. Fill each muffin cup with 2 tablespoons cake batter. Drop 1 tablespoon of the filling into each bake cup. Top with 1 tablespoon more batter. With a small spoon, smooth batter to cover filling.
  4. Bake in 350° oven 20 minutes or until a wooden toothpick inserted off center (in cake part, not filling) comes out clean. Cool cupcakes in pans on wire racks for 5 minutes. Remove from pans; cool on wire racks.
  5. Frost cupcakes with Vanilla Frosting. Before serving, decorate them as you like. The cupcakes are best the day they are frosted. **Makes about 30 cupcakes.**
- Vanilla Frosting:** In a large mixing bowl, beat ½ cup butter, softened, for 30 seconds on high speed with an electric mixer. Add 4½ cups sifted powdered sugar, ½ cup at a time, alternating with 6 tablespoons half-and-half, light cream or whole milk, 1 tablespoon at a time, beating well after each addition. Add 1½ teaspoons vanilla and ½ teaspoon coconut extract, if you like. Beat on high speed until smooth and creamy. If necessary, beat in enough additional half-and-half (about 1 teaspoon) for spreading consistency. **Makes 2¾ cups.**

**Nutrition facts per cupcake:** 259 cal, 13 g fat, 47 mg chol, 220 mg sodium, 34 g carbo, 1 g fiber, 3 g pro.

## Red, White and Blue Parfaits

Prep: 30 minutes. Chill: 3 hours

- ½ cup sugar
- ½ cup water
- ¼ cup honey
- 1 tablespoon finely chopped crystallized ginger
- 1 small seedless watermelon (about 5 pounds)
- 3 cups fresh blueberries
- 3 cups fresh strawberries, quartered, and/or raspberries
- Sweetened Whipped Cream (recipe follows)

1. For syrup: In a small saucepan, combine sugar, water, honey and ginger. Bring to boiling, stirring to dissolve sugar; reduce heat. Simmer, uncovered, for 5 minutes. Remove from heat. Cool to room temperature, then chill in the refrigerator for at least 1 hour.
  2. Cut watermelon crosswise into ¾-inch slices. Using 2- to 3-inch star-shape cookie cutters, cut watermelon into shapes, discarding rind. Reserve the remaining watermelon for another use.
  3. In a large bowl, layer blueberries, strawberries and/or raspberries, and watermelon. Pour syrup over fruit. Cover; chill 2 to 24 hours.
  4. To serve, divide fruit with syrup and Sweetened Whipped Cream among sixteen 9-ounce disposable drinking glasses or plastic dessert dishes, alternating layers of fruit and whipped cream. Cover each cup with plastic wrap; secure with decorative string. Serve immediately or refrigerate up to 1 hour before serving. **Makes 16 servings.**
- Sweetened Whipped Cream:** In a small, chilled mixing bowl, combine 2 cups whipping cream, 3 to 4 tablespoons sugar and 2 teaspoons vanilla. Beat with chilled beaters of electric mixer until soft peaks form. Do not overbeat. **Makes 4 cups.**

**Nutrition facts per :** 199 cal, 11 g fat, 41 mg chol, 14 mg sodium, 25 g carbo, 1 g fiber, 1 g pro.

## Sugar Snap Peas with Sesame Seeds

We gave this popular veggie a new twist with a hint of ginger, some kick from black pepper and a finish of nutty sesame oil and seeds.

Start-to-finish: 20 minutes

- 3 cups fresh sugar snap peas (about 12 ounces) or frozen loose-pack sugar snap peas
- 1 teaspoon grated fresh ginger



- 2 teaspoons butter
- 1½ teaspoons toasted sesame oil
- ½ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- 1 teaspoon white sesame seeds, toasted
- 1 teaspoon black sesame seeds

1. Remove strings and tips from fresh peas. Cook fresh peas, covered, in a small amount of boiling salted water for 3 to 5 minutes or until crisp-tender. (Or, cook frozen peas according to package directions.) Drain well. Transfer peas to a large bowl; set aside.

2. In a small saucepan, cook ginger in hot butter for 1 minute. Remove from heat. Stir in toasted sesame oil, salt and pepper. Pour butter mixture over hot cooked peas; toss to coat. Sprinkle with sesame seeds. Serve warm, at room temperature or chilled. **Makes 4 side-dish servings.**

**Note:** Sesame seeds have a mildly sweet, nutty flavor that is enhanced by toasting. To toast, spread sesame seeds in a thin layer in a shallow, ungreased pan, such as a pie pan. Heat in a 350° oven about 10 minutes, stirring once or twice. It is best to store the seeds in the refrigerator or freezer because sesame seeds can easily go rancid due to their high oil content.

**Nutrition facts per serving:** 85 cal, 4 g fat, 5 mg chol, 304 mg sodium, 8 g carbo, 2 g fiber, 3 g pro.

## Three Ways to Butter Up Sweet Corn

*Serve our seasoned butters as a topping for sweet corn, steaks, seafood or burgers. They make a great sauce for vegetables, too.*

*Prep: 10 minutes. Chill: 1 hour*

- 1 cup butter, softened
- 2 tablespoons grated Romano cheese or Parmesan cheese
- 1 tablespoon finely chopped shallot or 2 teaspoons finely chopped red onion
- 2 teaspoons smoked paprika
- ½ teaspoon ground white pepper

1. For paprika-flavored butter: In a small bowl, combine butter, Romano cheese, shallot, paprika and white pepper. Beat with an electric mixer on low speed or stir until well combined. Cover and chill in the refrigerator for 1 to 24 hours before serving to let flavors blend. Bring butter to room temperature. Serve with corn on the cob.

2. Store remaining butter in tightly covered container in refrigerator for up to 3 days. **Makes 1 cup (enough for 16 ears of corn).** **Rosemary-Chive Butter:** In a small bowl, combine 1 cup butter, softened; 1 tablespoon finely snipped fresh rosemary; and 1 tablespoon finely snipped fresh chives. Mix, chill and serve as directed.

**Lime-Pepper Butter:** In a small bowl, combine 1 cup butter, softened; 1 teaspoon finely shredded lime peel; 1 tablespoon lime juice; ¼ teaspoon sugar; and ¼ to ½ teaspoon crushed red pepper. Mix, chill and serve as directed.

**Nutrition facts per tablespoon of the basic paprika butter:** 106 cal, 12 g fat, 31 mg chol, 89 mg sodium, 0 g carbo, 0 g fiber, 0 g pro.

## Sassy Baked Beans

*Three beans mix in this chunky version of the potluck standby. A touch of heat from spicy barbecue sauce and salsa adds to the bold taste of this slow-cooked side dish.*

*Prep: 30 minutes. Bake: 2½ hours*

- ½ cup packed brown sugar or ¼ cup maple-flavored syrup
- ½ cup bottled hot-style barbecue sauce, chili sauce or ketchup
- ½ cup bottled chipotle salsa, hot picante sauce or salsa
- ¼ cup molasses or sorghum
- 1 tablespoon snipped fresh oregano or 1 teaspoon dried oregano, crushed
- 1½ teaspoons dry mustard
- 1½ teaspoons ground cumin or chili powder
- 1 31-ounce can pork and beans in tomato sauce
- 1 16-ounce can pinto, cannellini, Great Northern, black or butter beans, rinsed and drained
- 1 16-ounce can red kidney beans, rinsed and drained
- 1 large onion, finely chopped
- 1 cup finely chopped purchased or leftover cooked beef brisket; 12 ounces bulk pork sausage or ground beef, cooked and drained; or 8 slices thick-cut bacon, cut into 1-inch pieces

1. In a large bowl, stir together brown sugar, barbecue sauce, salsa, molasses, oregano, mustard and cumin. Add undrained pork and beans, drained pinto beans, drained kidney beans, onion and beef brisket; stir gently to combine.

2. Transfer bean mixture to a 2½- to 3-quart casserole. Bake, uncovered, in 325° oven 2½ to 3 hours or until desired consistency, stirring occasionally. Beans will thicken as they cool. **Makes 12 side-dish servings.**

**Slow cooker directions:** Prepare bean mixture as above. Transfer to a 4½- to 6-quart slow cooker. Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2½ to 3 hours.

**Nutrition facts per :** 233 cal, 2 g fat, 13 mg chol, 743 mg sodium, 44 g carbo, 7 g fiber, 14 g pro.

## Oven-Roasted Tomatoes

*The sweet tomatoes blend with tangy-mellow balsamic vinegar and basil. Serve with some crusty bread to soak up the liquid.*

*Prep: 15 minutes. Bake: 14 minutes*

- 2½ pounds red and/or yellow cherry, grape and/or other miniature tomatoes, such as roma or pear (about 7 cups)
- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- 1 teaspoon kosher salt or ½ teaspoon salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons snipped fresh basil
- Crusty bread slices (optional)

1. Line a 13x9x2-inch baking pan with foil. Remove and discard stems from tomatoes; wash, pat dry with paper towels and arrange in a single layer in prepared pan. In a small bowl, whisk together oil, vinegar, garlic, salt and pepper. Pour over tomatoes and toss to coat.

2. Bake, uncovered, in a 400° oven for 14 to 18 minutes or just until tomatoes are soft and skins begin to split, gently stirring once.

3. Transfer the tomatoes to a shallow serving bowl. Drizzle the balsamic mixture from the pan over the tomatoes. Sprinkle with snipped basil. Serve warm or at room temperature. If you like, garnish with some fresh basil and serve with bread to dip in vinegar mixture. **Makes 8 side-dish servings.**

**Tip:** For a richer flavor, heat ⅓ cup balsamic vinegar in a small saucepan over medium heat until boiling. Boil mixture gently, uncovered, for 6 to 8 minutes or until reduced to 2 tablespoons, watching carefully at the end because vinegar will reduce quickly.

**Nutrition facts per serving:** 61 cal, 4 g fat, 0 mg chol, 249 mg sodium, 7 g carbo, 2 g fiber, 1 g pro.



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## Lemon-Herb Grilled Chicken

*Herbed lemon marinade cooks down with honey to a glossy, gorgeous glaze that enhances this chicken's golden color.*

Prep: 25 minutes. Marinate: 4 hours.

Cook: 15 minutes. Grill: 50 minutes

- 4 medium chicken breast halves (about 2½ pounds)
- 4 medium chicken drumsticks (about 1 pound)
- 4 medium bone-in chicken thighs (about 1½ pounds)
- Kosher salt or regular salt
- Freshly ground black pepper
- ¾ cup chicken broth
- ¼ cup snipped fresh Italian (flat-leaf) parsley or regular parsley
- 1 tablespoon finely shredded lemon peel
- ⅓ cup lemon juice
- 3 tablespoons olive oil
- 1 tablespoon snipped fresh sage or 1 teaspoon dried sage, crushed
- 1 tablespoon snipped fresh thyme or 1 teaspoon dried thyme, crushed
- 1 teaspoon crushed red pepper
- 3 cloves garlic, minced
- ¼ cup honey
- Grilled lemon slices (optional)
- Snipped fresh Italian (flat-leaf) parsley or regular parsley (optional)

1. Skin chicken pieces, if you like. Sprinkle both sides of chicken with salt and black pepper. Place chicken in a large resealable plastic bag set in a shallow dish.
2. For marinade: In a small bowl, stir together the broth, the ¼ cup parsley, lemon peel and lemon juice, oil, sage, thyme, red pepper and garlic. Pour mixture over chicken. Close bag. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally. Remove chicken pieces, reserving marinade in bag. Set chicken aside.
3. For sauce: Strain the reserved marinade. Transfer to a medium saucepan; stir in the honey. Bring to boiling; reduce heat and simmer, uncovered, for 15 to 20 minutes or until mixture is reduced to a glaze consistency (should have about ¼ cup).
4. For a charcoal grill: Arrange medium-hot coals around a drip pan. Test for medium heat above the pan. Place chicken pieces, bone sides down, on the grill rack over drip pan. Grill, covered, for 50 to 60 minutes or until chicken is tender and no longer

pink (170° for breasts, 180° for drumsticks and thighs), brushing with some of the glaze during the last 15 minutes of grilling. For a gas grill: Preheat the grill. Reduce to medium. Adjust for indirect cooking. Grill as above. For a broiler: Place chicken pieces, bone sides up, on the unheated rack of a broiler pan. Broil 4 to 5 inches from heat about 25 minutes or until the chicken pieces are lightly browned. Turn chicken and broil for 10 to 15 minutes more or until chicken is tender and no longer pink (170° for breasts, 180° for drumsticks and thighs), brushing with some of the glaze during the last 5 minutes of broiling.

5. To serve, garnish chicken with lemon slices and sprinkle with additional snipped parsley, if you like. **Makes 8 servings.**

**Nutrition facts per serving:** 482 cal, 29 g fat, 160 mg chol, 307 mg sodium, 10 g carbo, 0 g fiber, 43 g pro.

## Pretzel Sparklers

*The sweet coating complements salty, crunchy pretzel rods. Stand your edible sparklers in a container filled with coarse brown sugar or candy-coated milk chocolate candies (M&Ms). Start-to-finish: 45 minutes*

- 2 cups chopped vanilla-flavored candy coating (about 12 ounces)
- 2 tablespoons shortening
- 1 12-ounce package pretzel rods (about 24)
- Decorative red, white and blue sprinkles and stars, and small multicolored decorative star candies

1. In a medium saucepan, combine candy coating and shortening. Cook and stir over low heat until melted. Remove from heat; let stand 10 minutes.
  2. Holding onto one end of a pretzel rod, dip half to two-thirds of pretzel into melted coating. Sprinkle with decorative candies. Place in drinking glass or on waxed paper to dry. **Makes about 24 sparklers.**
- Note:** If you like, tint all or part of the melted candy coating with food coloring.
- Make-ahead tip:** Place dried pretzels in layers in an airtight container, separating layers with waxed paper. Store at room temperature up to 1 week.

**Nutrition facts per pretzel:** 154 cal, 6 g fat, 0 mg chol, 145 mg sodium, 22 g carbo, 1 g fiber, 2 g pro. ■

*Food stylist: Charles Worthington. Prop stylist: Sue Mitchell. Recipe contributor: Sandra Granseth*

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# Francois Burger

A flame-grilled patty topped with light mustard sauce, peppery arugula and mmmmm... sharp Roquefort cheese.



## How to make it:

1

Stir together 1 tbsp. of mustard and 1 tbsp. of sour cream in a small bowl.

2

Throw your patty on the grill and cook according to package instructions.

3

When the patty's done, put it on a bun and top it with the mustard mixture, 1/3 cup of baby arugula and 1 tbsp. of crumbled Roquefort cheese.

4

Go ahead and enjoy being good to yourself.



See main article, page 54

## Peach Cake Roll

Based on a recipe from Michigan Peach Sponsors.

Prep: 35 minutes. Stand: 40 minutes.

Bake: 12 minutes. Freeze: 2 hours

3 eggs

1 cup all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

1 cup granulated sugar

1 teaspoon vanilla

½ teaspoon almond extract (optional)

½ cup water

Powdered sugar

1 quart peach or vanilla ice cream, softened

1 or 2 peaches peeled, if you like, and thinly sliced

1. Let eggs stand at room temperature for 30 minutes. Meanwhile, grease a 15x10x1-inch baking pan. Line bottom of pan with waxed paper or parchment paper. Grease and lightly flour paper; set aside. In a small bowl, stir together flour, baking powder and salt; set aside.

2. In a large mixing bowl, beat eggs with an electric mixer on high speed for 5 to 7 minutes or until thick and lemon colored. Add granulated sugar, vanilla and almond extract, if you like; beat until well combined. Alternately add flour mixture and the water to egg mixture, beating on low speed after each addition just until combined. Spread batter evenly into prepared pan.

3. Bake in 375° oven for 12 to 15 minutes or until top springs back when lightly touched. Immediately loosen edges of cake from pan and turn cake out onto a towel sprinkled heavily with powdered sugar. Remove waxed paper. Roll up towel and hot cake into a spiral, starting from one short side of the cake. Cool on a wire rack.

4. Unroll cooled cake; remove towel. Spread cake with softened ice cream to within 1 inch of edges. Roll up cake without towel. Trim ends. Cover and freeze for at least 2 hours or up to 24 hours.

5. Transfer cake roll to serving platter. Dust with additional powdered sugar. Let stand 10 minutes before serving. Serve topped with peach slices. Cover and freeze remaining cake roll. **Makes 8 to 10 servings.**

**Nutrition facts per serving:** 314 cal, 7 g fat, 94 mg chol, 160 mg sodium, 57 g carbo, 1 g fiber, 6 g pro.

## Choose-a-Fruit Scoops

Blueberries, blackberries, red raspberries, peaches or nectarines—take your pick for color and refreshing flavor in this ice cream.

Prep: 10 minutes. Freeze: per manufacturer's directions

4 cups half-and-half, light cream or milk

1½ cups sugar

1 tablespoon vanilla

4 cups fresh or frozen unsweetened blueberries, blackberries, fresh red raspberries, or fresh sliced, peeled peaches or nectarines (thaw, if frozen)

2 cups whipping cream

1. In a large bowl, mix half-and-half, sugar and vanilla. Stir to dissolve sugar.

2. In a blender, cover and blend the fruit until nearly smooth. Sieve fruit, if you like. Stir fruit and whipping cream into sugar mixture. Freeze in a 4- to 5-quart ice cream freezer according to the manufacturer's directions. **Makes 2 quarts (16 servings).**

**Nutrition facts per serving:** 253 cal, 18 g fat, 63 mg chol, 36 mg sodium, 22 g carbo, 0 g fiber, 2 g pro.

## Very Blueberry Pie

Source: Sandy Bottom Berries of Rockford, Michigan.

Prep: 40 minutes. Bake: 12 minutes.

Cool: 10 minutes. Chill: 2 hours

1½ cups all-purpose flour

2 tablespoons sugar

½ teaspoon salt

½ cup vegetable oil

2 tablespoons milk

1 cup sugar

3 tablespoons lemon-flavored gelatin

2 tablespoons cornstarch

1 cup water

4 to 4½ cups fresh blueberries or raspberries

Whipped cream (optional)

1. For pie crust: In a 9-inch pie plate, combine flour, the 2 tablespoons sugar and salt. In a small bowl, whisk together oil and milk; pour over flour mixture. Mix flour mixture with a fork until crumbly. Press evenly onto bottom and sides of pie plate. Bake in a 400° oven for 12 to 15 minutes or until golden. Cool on a wire rack.

2. For glaze: In a medium saucepan, combine the 1 cup sugar, gelatin and cornstarch; stir in water. Cook and stir over medium

heat until thickened and bubbly. Cook and stir 1 minute more. Remove from heat; let stand about 10 minutes to cool slightly.

3. Fill baked piecrust with blueberries. Slowly pour glaze evenly over berries. Cover and chill the pie in the refrigerator for at least 2 hours or until set. If you like, top with whipped cream. **Makes 8 servings.**

**Nutrition facts per serving:** 370 cal, 14 g fat, 0 mg chol, 154 mg sodium, 60 g carbo, 2 g fiber, 3 g pro.

## Fresh Summer Fruit in Spiced-Wine Syrup

Prep: 25 minutes. Cook: 30 minutes.

Cool: 30 minutes. Chill: 4 hours

1 cup Muscat, Riesling, White

Zinfandel, other sweet white wine, white grape juice or apple juice

¾ cup sugar

Dash kosher salt

1 orange

3 to 4 inches stick cinnamon

2 cups assorted thinly sliced fruit, such as apples, peaches, pears, apricots and/or nectarines

2 cups assorted fresh berries, such as strawberries, black raspberries, blackberries, red raspberries, golden raspberries, blueberries and/or pitted sweet cherries

2 cups cubed melon, such as cantaloupe, honeydew and/or watermelon

1. For wine syrup: In a medium saucepan, combine Muscat, sugar and salt. Use a vegetable peeler to cut long strips of peel from half of the orange, being careful not to remove the white pith under the peel. If necessary, use a sharp knife to scrape off white pith from the peel. (Reserve the orange for fruit compote.) Add orange peel and stick cinnamon to saucepan. Bring to boiling. Boil gently, uncovered, for 30 to 35 minutes or until reduced to ¾ cup. (Syrup will foam in pan at the end of cooking.) Remove from heat. Cool for 30 minutes.

2. Strain syrup, discarding orange peel and stick cinnamon. Section reserved orange.

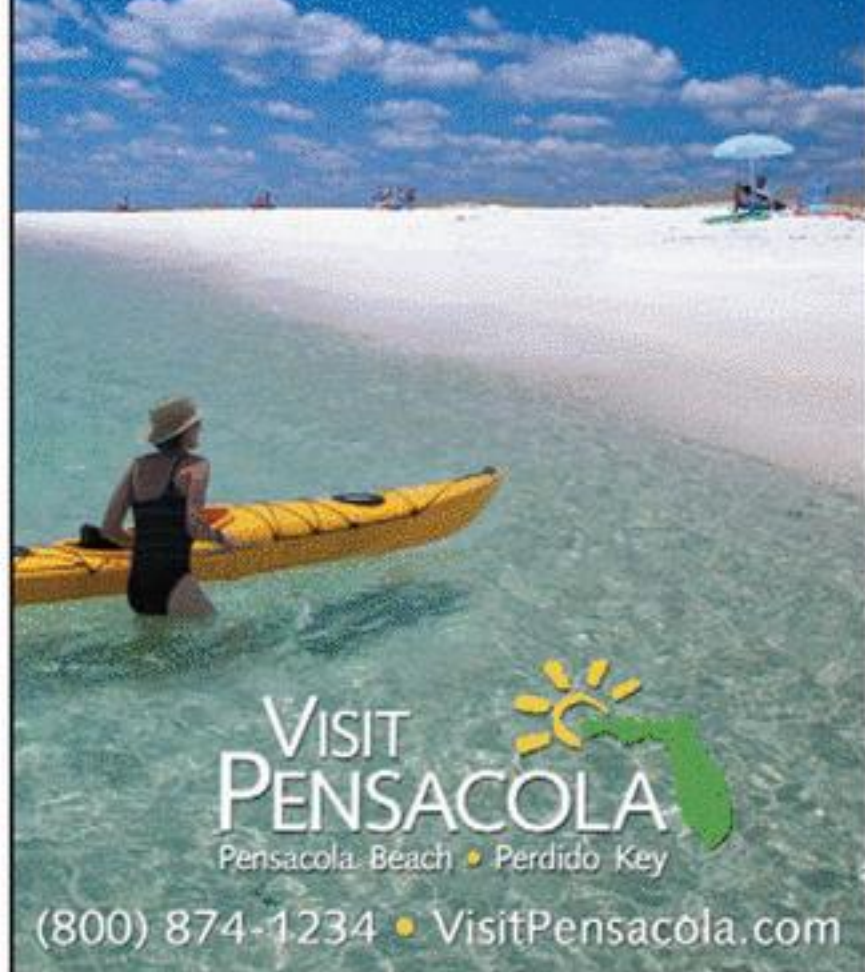
3. In a large clear-glass serving bowl, combine orange sections, thinly sliced fruit, berries and melon. Pour syrup over fruit, tossing gently to coat all fruit with syrup. Cover and chill in the refrigerator for 4 to 8 hours. **Makes 8 servings.**

**Nutrition facts per serving:** 145 cal, 0 g fat, 0 mg chol, 21 mg sodium, 32 g carbo, 2 g fiber, 1 g pro.



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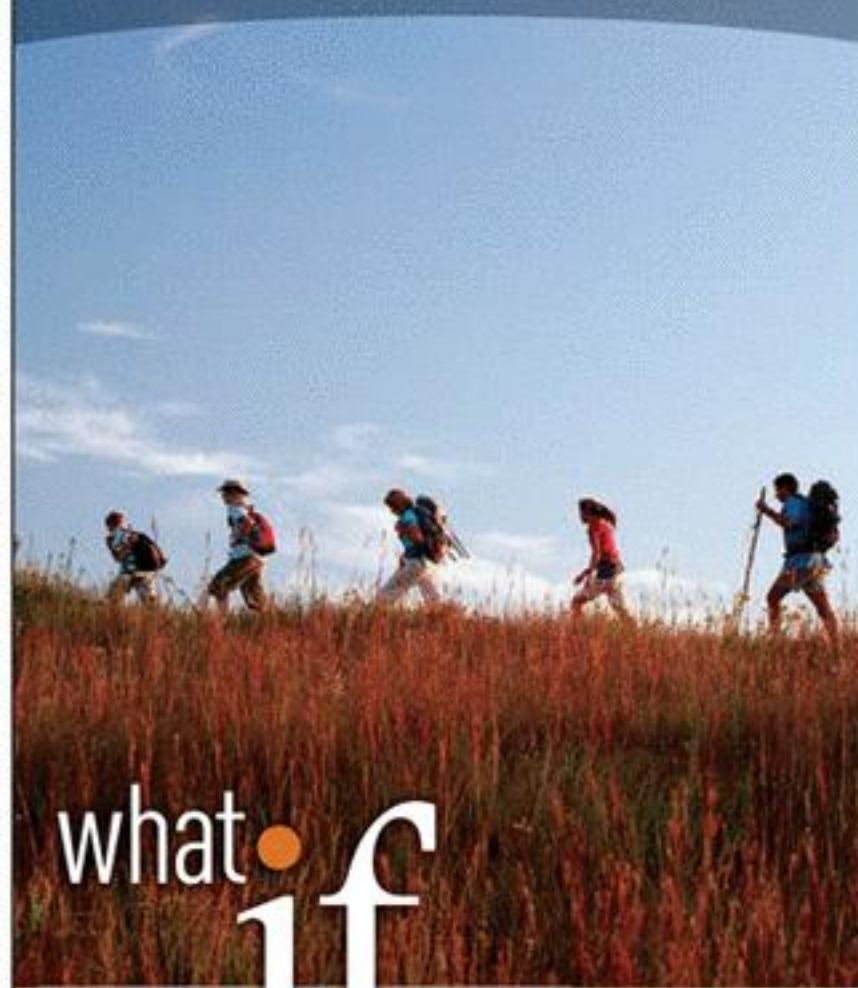
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#### FOOD/Cool treats

#### Apricot-Cheesecake Frozen Pops

Prep: 20 minutes. Freeze: 4 hours. Stand: 10 minutes

- 1 15-ounce can unpeeled apricot halves in light syrup or peach halves in light syrup, drained
- 2 6-ounce cartons French vanilla or vanilla low-fat yogurt
- 3 tablespoons honey
- 1 teaspoon lemon juice
- ¼ teaspoon vanilla or almond extract
- ⅔ cup finely crushed shortbread cookies (about 10 cookies)

1. In blender or food processor, mix drained apricots, yogurt, honey, lemon juice and vanilla. Cover; blend until smooth. Add cookies to apricot mixture; pulse to combine.
2. Pour or spoon mixture into nine 3- to 4-ounce plastic freezer ice-pop molds or eight 3- or 5-ounce plastic or paper cups. Cover each cup with foil. With the tip of a sharp knife, make a small slit in the foil of each. Add wooden sticks or plastic spoons for handles. Freeze 4 hours or until firm.
3. Remove from freezer 10 minutes before serving. Remove from molds. Serves 8 or 9.

**Nutrition facts per pop:** 142 cal, 3 g fat, 3 mg chol, 71 mg sodium, 28 g carbo, 1 g fiber, 2 g pro.

#### Cherry-Berry Smoothie

Source: Michigan Cherry Committee

Start-to-finish: 10 minutes

- ½ cup fresh or frozen unsweetened pitted red tart cherries
- ½ cup low-fat milk
- ¼ cup plain fat-free or low-fat yogurt
- 2 tablespoons fresh or frozen unsweetened blueberries or raspberries
- 1 tablespoon frozen tart cherry juice concentrate or cranberry juice concentrate, thawed
- 1 tablespoon honey
- ½ teaspoon vanilla
- 8 ice cubes

1. In a blender, combine ½ cup cherries, milk, yogurt, blueberries, juice concentrate, honey, and vanilla. Cover and blend until smooth. Add ice cubes. Cover; blend until smooth. Pour into two chilled glasses.
2. If you like, top with additional cherries or chopped dried cherries. Makes 2 servings.

**Nutrition facts per :** 117 cal, 1 g fat, 4 mg chol, 52 mg sodium, 24 g carbo, 1 g fiber, 4 g pro. ■



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- 24 **Visit Southwest Illinois.** Kid-friendly attractions, outdoor adventures, festive events, tasty eateries, historic treasures... We're Closer Than You Think!
- 25 **All Illinois offers.**

## INDIANA

- 26 **Unexpected Unforgettable Columbus.** Be inspired by this award-winning community's bold resolve to create a city that is both beautiful and livable.
- 27 **Covered Bridge Country.** Enjoy hiking, biking, nature trails, 9 covered bridges, orchid farm and sugar camp. WWII Buzz Bomb, elk/buffalo farms, Cataract Falls.
- 28 **Hamilton County's Eight Great Towns.** Dotted throughout Hamilton County are eight great towns ideal for a weekend getaway filled with discoveries.
- 29 **Indiana.** Restart your engines. You will receive an Indiana Travel Guide, Travel Map and seasonal e-mail newsletters.
- 30 **Inn at Aberdeen, Ltd.** As seen on ABC TV's 190-North. Executive-class surroundings, food and attention to detail. More than a destination... it's an Experience! Jacuzzi, fireplace, dessert, gourmet breakfast, Conference Center, dinners, receptions, weddings.
- 31 **Northern Indiana. Drive Less. Getaway More.** Escape to nearby Northern Indiana where a great getaway experience awaits you. Visit the Indiana Dunes, Notre Dame, Amish Country, Shipshewanna, Swan Lake Resort, Village at Winona, Blue Chip Casino, Hotel and Spa to name just a few. Discover many more by ordering our travel planners or visit us on the web.
- 32 **Terre Haute—Enjoy Indianapolis Colts Training Camp.** The Indianapolis Colts begin their season in late July on the campus of Rose-Hulman Institute of Technology.
- 33 **All Indiana offers.**

## IOWA

- 34 **Des Moines.** Bring your family to Des Moines. Retaining our charm and history while offering shopping, sports, attractions and the arts.
- 35 **Iowa Tourism.** Order your FREE NEW Iowa Travel Guide and Iowa Map today.
- 36 **All Iowa offers.**

## KANSAS

- 37 **Kansas.** Natural beauty, unique destinations and a proud pioneer heritage await visitors to Kansas. Order our free Kansas Visitors Guide and map today.

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- 38 **Battle Creek Area.** Walk through Wild Africa, attend the air show, shop for antiques and discover so much more all in one location.
- 39 **Chateau Chantal—Traverse Bay.** Winery, vineyards, B&B. Elegant accommodations. Breathtaking views. A retreat into the old world.
- 40 **Great Lakes Shipwreck Museum and Whitefish Point Light Station.** Where shipwreck legends come to life.
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- 45 **Petoskey Area.** Lakeside beauty, world-class golf and memories that last a lifetime. FREE Vacation Guide.
- 46 **St. Ignace.** The St. Ignace waterfront is a perfect place for your family vacation. Fireworks every Saturday—what a BLAST!
- 47 **Tall Ship Celebration: Bay City.** A Tall Ship experience like none other. Ship tours, maritime music, crafts and much more.
- 48 **All Michigan offers.**

## MINNESOTA

- 49 **Tall Ships Duluth 2010.** July 28–August 3. A once-in-a-lifetime event. Lake Superior's only stop for the Great Lakes United Tall Ship Challenge 2010.
- 50 **Explore Minnesota.** Plan your vacation with a FREE Explore Minnesota Travel Guide and Highway Map.
- 51 **Mall of America®.** Home to over 520 stores, 50 restaurants and the nation's largest indoor Nickelodeon theme park—Nickelodeon Universe. Experience world-class shopping, spine-tingling rides and leading attractions.
- 52 **Owatonna.** Heading South? Visit Owatonna! History, shopping, attractions. Call today for a FREE visitor guide and coupon books!
- 53 **Pipestone.** You'll be surprised and active... Pipestone National Monument, Pow Wow, and a fantastic Civil War Days Reenactment.
- 54 **Visit Winona.** Minnesota's Historic Island City. Call us for great vacation ideas.
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- 56 **Big Cedar Lodge.** Four Seasons. Five stars. America's premier wilderness resort tucked naturally in the Ozark Mountains. The rustic and majestic structures scatter over 800 acres that sweep down to Table Rock Lake!
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- 60 Dixie Stampede Dinner Attraction.** Branson's Most Fun Place to Eat! Owner Dolly Parton guarantees it!
- 61 Independence.** Twenty attractions from pioneers to President Truman. Great shopping, restaurants, lodging, golf, water park, new Bass Pro complex.
- 62 Lake of the Ozarks.** 54,000 acre lake offering a breathtaking scenic panorama plus golf, fishing, outlets, music shows, show caves, indoor/outdoor waterparks, state parks and many leisure options.
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- 64 Explore St. Louis.** Your gateway to the most unique, economical and family-friendly destination in the midwest.
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- 66 Thousand Hills Resort.** Thousand Hills offers nightly rental of golf condos, lake condos and lake cabins in the heart of Branson.
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- 68 All Missouri offers.**

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- 69 Nebraska.** Rediscover the road trip and create new memories in Nebraska. Experience Chimney Rock, the Oregon Trail, Pony Express stations, Buffalo Bill's ranch, and more. Free travel guide. Nebraska. Possibilities...endless.
- 70 Sarpy County.** Sarpy County offers something for everyone! Located between Lincoln and Omaha. Home of Embassy Suites (ranked #1 in the World!).

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- 72 North Carolina.** Start planning your fall North Carolina vacation today! Take in our scenic beauty, relaxing beaches, and southern charm.

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- 73 Minot.** Surrounded in an atmosphere of pride, warmth, and midwest hospitality. Discover the magic of Minot.
- 74 North Dakota.** Free planning guide for legendary history, culture, outdoor adventure and fun. Explore the friendliest and most-affordable state destinations.
- 75 Scenery and Stories.** Relish North Dakota's scenic beauty with the 2011 Horizons calendar and savor Lauraine Snelling's pre-Blessing "Dakota Stories."

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- 77 Canton/Stark County.** America's Playing Field—Home of the Pro Football Hall of Fame, Ohio's Amish Country and other fantastic attractions!
- 78 Positively Cleveland.** Rock and roll, roller coasters, Costa Rican butterflies, fly balls at Progressive Field, CLE+ delivers unexpected summer value and fun.
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### OKLAHOMA

- 81 Norman.** Register to win \$1,000 and discover Norman, Oklahoma—art galleries, music, museums, shopping, and all of Oklahoma City at our doorstep!
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- 83 Oklahoma City.** Oklahoma's vibrant Capital City is home to urban adventure and western heritage. Free guide.

- 84 Tulsa.** Where cultural and family attractions meet trendy shopping and dynamic nightlife—the complete package. Request free information today.

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- 86 South Dakota.** Discover the land of Great Faces and Great Places. Visit our Web site for vacation packages.

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- 87 Fort Worth.** Known as the "City of Cowboys and Culture," Fort Worth is one of the premier leisure travel destinations in the nation.

- 88 JW Marriott San Antonio Hill Country Resort & Spa.** Enjoy the all new JW Marriott San Antonio Hill Country Resort & Spa, situated in the San Antonio Hill Country.

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- 101 Eagle River.** Visit Eagle River on the world's largest chain of 28 connected lakes. There are always great places to eat, stay and shop.

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- 109 Port Washington Maritime Heritage Festival.** Tall ships grace Port Washington's charming lakefront for a family-friendly festival. Tours, daysails, live entertainment, artisan market, children's activities.

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## IOWA

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## MICHIGAN

### Battle Creek

The hot days of summer bring exciting festivals to Battle Creek/Calhoun County, Michigan! From the Field of Flight Air Show and Balloon Festival, the Hot Air Balloon Nationals, Summerfest, the Calhoun County Fair, and the 2010 Hap Ki Do World Championships, there is always something to do! While here, venture to Binder Park Zoo and feed the giraffes, test your luck at FireKeepers Casino, discover Cornwell's Turkeyville USA and so much more! A complete listing can be found at battlecreekvisitors.org! battlecreekvisitors.org • 800.397.2240

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Touch Michigan's history as you tour the State Capitol Building. Feel the excitement of a Big Ten game. Stroll through our museums and art fairs. Explore u-pick farms or get lost in a theatrical performance. Galleries, festivals, shopping, nightlife...great times come together in Greater Lansing. Lansing.org • 888.252.6746

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Visiting us in Greater Des Moines soon?

## DON'T MISS Fun Things to Do

# #38



**Iowa State Fair**  
(August 12-22, 2010)

# #21



**Blank Park Zoo**

Discover 100 Fun Things to  
See and Do in Des Moines

This Summer at

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### City of Independence

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[VisitIndependence.com/ml](http://VisitIndependence.com/ml) • 800.810.4700

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[VisitDelafield.org](http://VisitDelafield.org) • 888.294.1082

### Green Bay

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## NORTH DAKOTA

### Minot

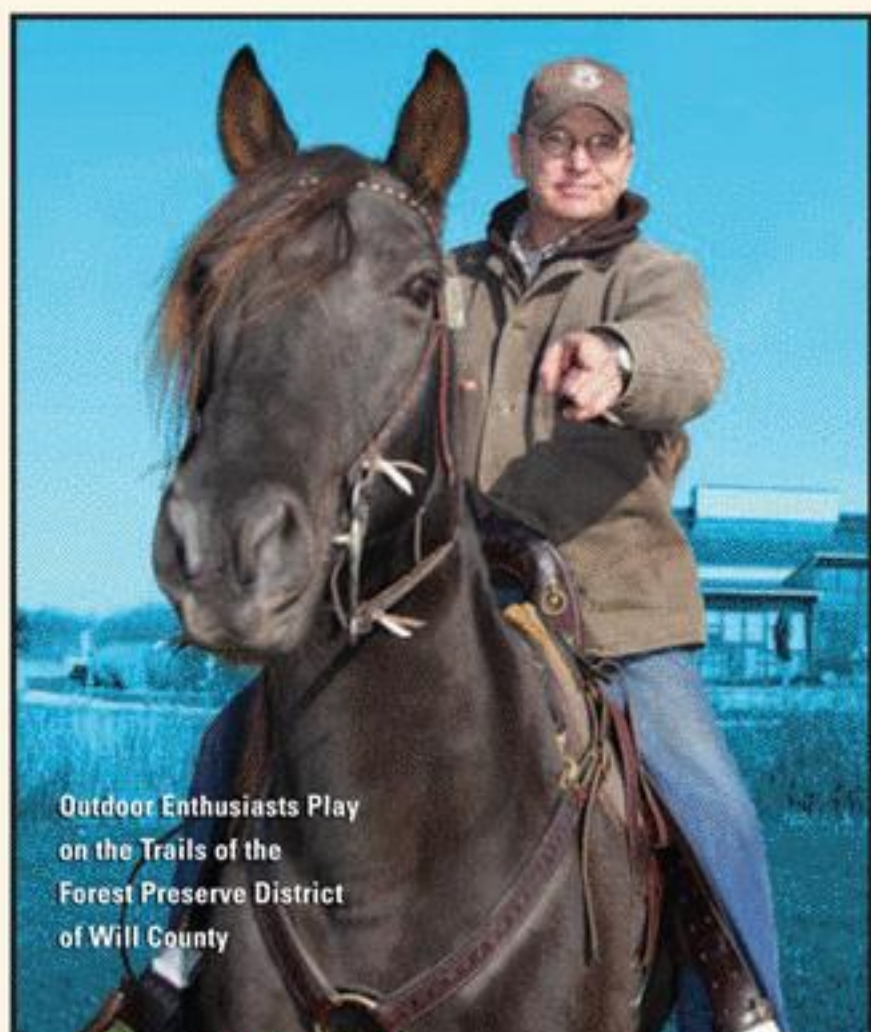
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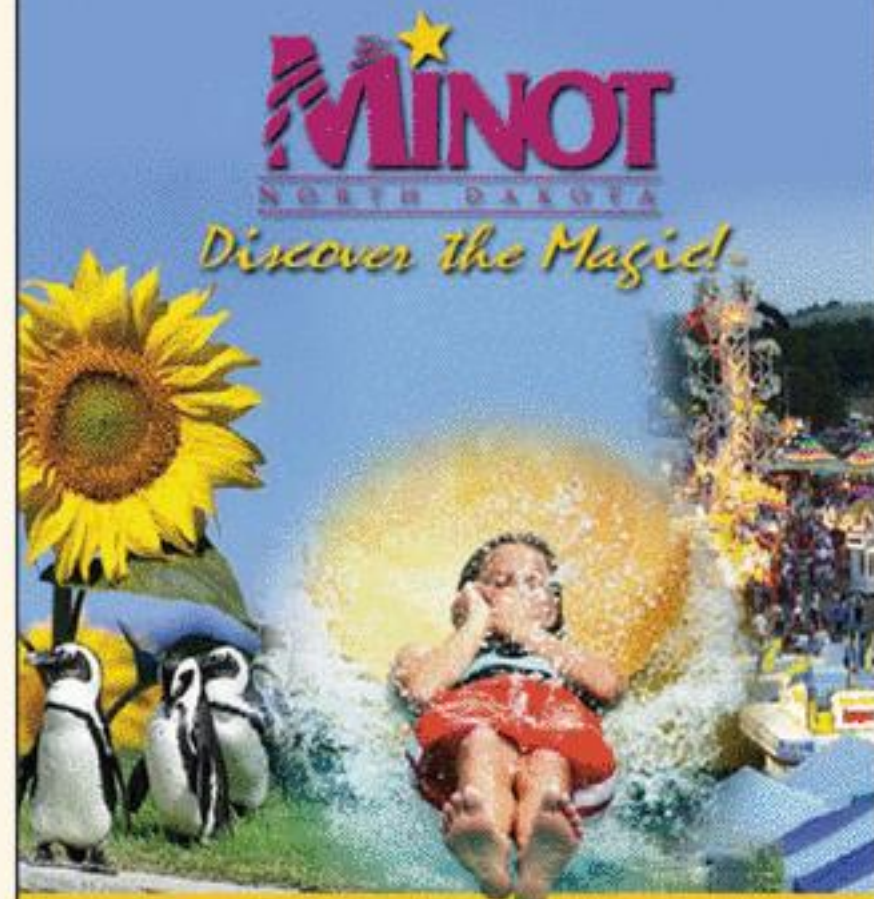


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See main article, page 61

### THE LITTLE BIG HOUSE

**Architect** Robin Johnson, Empire, Michigan (231/326-3637).

**Builder** Robert Foulkes, White Oak Timber Frames, Suttons Bay, Michigan (231/256-9351; timbersmart.com).

**Interior designer** Sandy Avis, Refreshed Homes (616/308-0564; refreshedhomes.com).

### Exterior, page 61

**Art** Pig painting. Carmella Loftis. Sanctuary Folk Art Gallery (616/454-0401; myspace.com/sanctuaryfolkart).

### Kitchen, pages 62-63

**Art** Jeff Condon (616/481-4737; jeffcondonart.net). **Cabinets** Paint color: Bull's Eye Red. Benjamin Moore (benjaminmoore.com). **Island** Groland. Ikea (ikea.com).

**Paint colors** Blue Promise, No. 349-4.

Pittsburgh Paints (800/441-9695; pittsburghpaints.com). Honeybell. Benjamin Moore (see Kitchen, Cabinets). **Sink skirting** Fredrika fabric. Ikea (see Kitchen, Island).

### Dining area, page 63

**Art** Sticks (877/678-4257; sticks.com).

**Chairs** Felix. Crate & Barrel (800/967-6696; crateandbarrel.com). **Paint color** Honeybell. Benjamin Moore (see Kitchen, Cabinets).

**Table** Bjursta. Ikea (see Kitchen, Island).

### Living room, page 64

**Art** (Left) Jeff Condon (see Kitchen, Art).

(Right) Nancy Hammond (410/758-6612; nancyhammondstudio.com). **Paint color** Honeybell. Benjamin Moore. (see Kitchen, Cabinets). **Pillows** (on chairs) Etsy (etsy.com).

**Tables** Red. Cali's (231/947-0633). Wood cylinder. Crate & Barrel (see Dining area, Chairs). Wood Indent: Prince Aha. Design Within Reach (800/944-2233; dwr.com).

### Back hall, page 65

**Paint color** Crystal Lake, No. 353-4. Pittsburgh Paints (see Kitchen, Paint colors).

**Storage cubes** Galvanized Storage Cube. The Container Store (888/266-8246; containerstore.com). Canvas bins. Target (target.com).

### Bath, page 65

**Art** Carmella Loftis. Sanctuary Folk Art Gallery (see Exterior, Art).

### Basement, page 65

**Paint colors** Bittersweet and Mulling Spices. Eddie Bauer Colors by Valspar. Available at Lowe's (lowes.com). **Wardrobe** Aneboda. Ikea (see Kitchen, Island). ■

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# Reflections

MIDWESTERNERS ON THEIR REGION

What is the essence of America? Finding and maintaining that delicate balance between freedom “to” and freedom “from.”

Writer Marilyn vos Savant, born in St. Louis in 1946

## 4TH OF JULY

Sure I wave the American flag. Do you know a better flag to wave? Sure I love my country with all her faults. I'm not ashamed of that, never have been and never will be.

John Wayne (1907–1979), born Marion Morrison in Winterset, Iowa

You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw Frisbees, the potato salad gets iffy, and the flies die from happiness. You may think you have overeaten, but it is patriotism.

Erma Bombeck (1927–1996), born in Dayton, Ohio

Last year's Lake Wobegon Fourth of July was glory itself, sunny and not too hot, flags flying, drummers drumming, scores of high-stepping horses, smart marching units in perfect cadence, and Ben Franklin, Sacajawea, Ulysses S. Grant, Babe Ruth, Amelia Earhart, and Elvis marching arm in arm along with Miss Liberty majestic in seven-pointed crown and wielding her torch like a big fat baton...the only sour note was that so few in Lake Wobegon appreciated how truly glorious it all was, since Wobegonians as a rule consider it bad luck to be joyful...

From the 2008 novel *Liberty* by Minnesota author Garrison Keillor

This nation will remain the land of the free only so long as it is the home of the brave.

Aurora, Indiana, native Elmer Davis (1890–1958), who served as director of the Office of War Information during World War II and advocated that Japanese-Americans be allowed to serve in the U.S. military

Madison, Wisconsin's, Rhythm & Booms boasts it is the Midwest's largest fireworks display based on its length—a whopping 35 minutes—and number of shells fired—15,000. It is Wisconsin's largest single-day event, with an estimated 300,000 attendees gathering in Warner Park.

Of the 31 places in America with *liberty* in their name, Liberty, Missouri, is most populous with about 30,000 residents. Iowa has more than any other state, with Libertyville, New Liberty, North Liberty and West Liberty.

Americans eat more than 150 million hot dogs every July 4, according to the American Meat Institute. What's going on them? A recent survey for Wisconsin-based Oscar Mayer showed Chicagoans favor mustard, onion and relish. And 55% of Windy City residents use ketchup on their dogs.





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